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THAT FLOATED ONTO THE SHORE OF
TROUT RIVER, N.L. **PAGE 18-19**

**Police force
'aggressively'
recruiting**

EPS wants a class of recruits
that reflect population **PAGE 3**

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NORTH TOPS SOUTH

Team North running back Fabeian Johnson, from Austin O'Brien school in Edmonton, pushes past Team South linebacker Colton Burr, from Notre Dame School in Calgary, at the Football Alberta Senior Bowl. The North went on to win 14-10. The annual game, which was played at Commonwealth Stadium on Monday, features all-star teams from the north and south of the province. **RYAN TUMILTY/METRO**

Cancelled school bus service leaves children behind

**Edmonton Public
Schools.** District needs
more child-care options
from province: Trustee



**LEAH
GERMAIN**
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At five years old, Michelle Hay's son should be starting kindergarten in September.

But after the city's public school district tightened up its boundaries and eliminated all school bus options for Johnny Bright School, the Edmonton mom is left with no other choice but to hold her boy back for one more year.

"Like most parents, both of us work full-time. For us, a continuum of care for our son is paramount," said Hay.

Hay said she's frustrated

with the series of "Gong Show moments" with busing that has left her child unable to start school.

"It's more work and more money to try and get my child to go to kindergarten than (to) just keep him in a day home for another year," said Hay, who lives six houses down from Johnny Bright.

Allyson Bonkowski, of Global Aware Children's Care Ltd., said Hay isn't alone.

The daycare provider said she expects to lose about 50 students next year because there won't be buses from Johnny Bright and Michael Strembitsky School.

"What it has left families with is choosing," said Bonkowski. "We've had some parents that say they'll have to quit their jobs."

Edmonton Public School trustee Nathan Ip said Hay's story isn't uncommon in the

Desperate measures

**"We've had some
parents that say they'll
have to quit their jobs."**

Daycare provider Allyson Bonkowski

rapidly growing communities of southwest Edmonton.

"I've heard a multitude of alternatives that parents are looking for to provide child care for their sons and daughters," Ip said. "I think it's really unfortunate because early child development is one of the most crucial junctures in a child's life in terms of setting them up for success before they attend school," he added.

Ip said the problem is less an issue of transportation and more about child care, which needs to be addressed at the provincial level.

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Inspections. Half of commercial vehicles get failing grade in safety blitz

More commercial vehicles in Alberta are failing safety checks.

Almost 500 trucks, semi-trailers and other commercial vehicles were targeted for inspection during an enforcement blitz this month, and just over half were pulled from service pending problems being fixed.

Police and transport officers found another 24 per cent required attention for improperly adjusted brakes, bad tires and poorly secured loads.

Only one in four vehicles over 4,500 kilograms in size that were pulled over across the province actually passed.

Steve Callahan, chief transport officer for Alberta, said highways are safe overall but the numbers are a concern.

He said the province wants to do more commercial vehicle checks and hire up to 20 more transport inspectors.

"We are on it," Callahan said. "We understand that we have safety issues out there and that we are going to try and correct that."

Sgt. Kerry Bates of the Edmonton Police Service commercial vehicle unit said most trucks are properly maintained, but the percentage being pulled out of service for problems is on the rise.

During a sweep in the city earlier this month, 52 per cent of commercial vehicles intercepted for safety inspections failed. That's up from 42 per cent last spring.

THE CANADIAN PRESS

EPS look for new faces to join force

Aggressively recruiting. Police service should reflect community: Chief



LEAH
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Edmonton's police force is looking outside the box for their newest recruits as the service aims for a diversity that reflects the city's growing population.

Sixty officers are set to retire this year, according to Edmonton Police Service's Chief Rod Knecht, and he sees it as an opportunity to change the force's makeup.

"We're aggressively recruiting in the city, around city, around Alberta and across the country," Knecht said during a meeting with media earlier this month.

"We want a police service that's reflective of the community we police," he added.

Knecht said they are en-

Details

The Chief's Advisory Council is made up of eight diverse community liaison committees, including leaders from the aboriginal, Jewish, Muslim, Chinese, South Asian, black, African and sexual minorities communities.

- For more information on joining EPS, visit joineps.ca.



Edmonton police Chief Rod Knecht said the force is aggressively recruiting for applicants that better reflect the city's growing diversity. LEAH GERMAIN/METRO

gaging members from Edmonton's varied ethnic communities — through the Chief's Advisory Council — to reach different cultural demographics, including aboriginal, African and South Asian peoples.

"The demographic has changed tremendously, and we have people from many communities who are frightened of the police," said CAC

co-chairperson Louise Hayes. "I think by having more people they recognize and know, (it) changes the attitude towards the police."

In 2014, the Edmonton police are looking to hire three classes of 40 recruits. With one class already complete, EPS recruitment co-ordinator Hans Larsen said there are still 80 open spaces for new applicants.

Larsen said gender diversity is also a top priority, with EPS encouraging more female recruits to apply.

"Obviously (the) numbers are skewed males versus female rate in terms of number of applications," Larsen said.

Recruit applications in 2014 are generally on par with 2013, when EPS had 470. This year, 192 people have applied.

1 NEWS



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Police escort. Street sweeping crews getting on-the-job protection

Edmonton police are literally helping to clean up the streets, as the city is spending about \$80,000 a year to provide police roadblocks to street-sweeping crews.

That figure is an approximate three-year average for the practice, which has been going on for about the last five years.

Roland Aitchison, superintendent of roadway maintenance operations, said the city brings the police in to protect workers on high-speed roads.

"We make those guys as visible as we can, but it still didn't have the same impact as the blue and red lights flashing," he said.

Aitchison said, despite the yellow flashing signs on the equipment, some drivers pass the cleaning crews at high rates of speed. He said that isn't just risky for the crews, but for everyone on the roadway.

"You get some guy crashing

Clean sweep

Approximately 80 per cent of the sand collected during street cleaning operations is re-used.

- The city applied 165,000 tonnes of sand and salt to roadways over the last six months.

through a construction zone, it now starts to impact other lanes," he said.

The police are all on paid-duty assignments, so the deployments don't impact other policing. Police spokesperson Noreen Remtulla said the officers are there simply to keep people safe.

"It's basically to create a safe working zone, to slow down drivers and protect traffic."

RYAN TUMILTY/METRO

Two Hills

Young man killed in long weekend crash

The long weekend turned deadly after two trucks collided near Two Hills.

RCMP responded to a fatal car crash near Township Road 544, after a pickup truck collided with a parked truck.

A 22-year-old Two Hills resident was killed on impact. Police arrested Johan Fehr, 20, of Musidora and charged him with impaired driving causing death and criminal negligence causing death, along with street racing causing death. **METRO**

Fox Creek

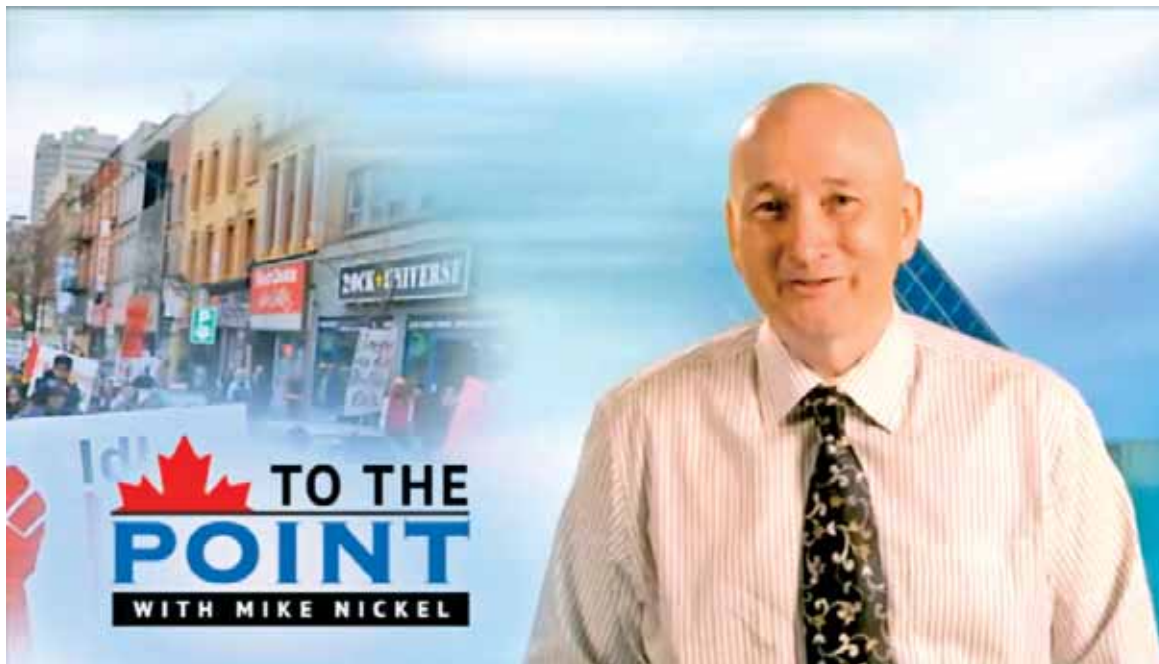
RCMP investigate violent carjacking

A Fox Creek woman is recovering after she was carjacked and left roadside in her burning vehicle earlier this week.

Police were called around 1 a.m. after a woman was approached by two men at the Kaybob Trailer Court and forced into her own vehicle at knifepoint.

The suspects drove the vehicle out of town with her inside. They stopped the vehicle and set it on fire before fleeing the scene.

She suffered second and third-degree burns. **METRO**



A screenshot from a promotional video shows what the proposed program could look like. Nickel is hoping to crowdfund the money necessary for the show. CONTRIBUTED

Nickel looks for TV show dough

Indiegogo campaign.

Ward 11 councillor aiming to launch current-affairs show



RYAN TUMILTY
ryan.tumilty@metronews.ca

Coun. Mike Nickel is trying to raise more than a few pennies so he can give you his thoughts. The Edmonton city councillor has started a crowdfunding

Chunk of change

\$6,500

The crowdfunding campaign hopes to raise \$6,500 for the new television show

campaign through the website Indiegogo to help cover about \$6,500 in production costs needed to get a new television show on the air.

Nickel's proposed show would be called To the Point — with Mike Nickel and he said it

would engage with real people while talking about current events.

"This show is primarily driven by social media. When we talk about things and we discuss the issues, we're trying to be as interactive as possible with our audience," he said.

He said the show would focus more on provincial and national issues than anything related to Edmonton politics. He said they hope it will be a different kind of public affairs show.

"I think people are tired of

people yelling at each other on TV to make a point," he said.

Nickel is working with a company called Nordic Filmworks on the project, and Matthew Altheim, an executive producer with the company, said they have received a warm response to the idea.

"I think there's a good audience for it," he said.

Altheim said they believe a television network will be prepared to air the show, but the crowdfunding efforts are helping them get off the ground quicker.



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Oilsands. Critics say Alberta energy regulator is denying them right to talk

Critics say Albertans are in danger of being shut out of discussions on how the province's natural resources are developed.

Expert observers and opposition politicians worry Alberta's new energy regulator is drawing the circle of who can speak so tightly that one hearing on a proposed energy project had to be cancelled because no one was allowed to appear.

"They have not widened the circle at all," said Nigel Banks, a professor of resource law at the University of Calgary.

"I think it sends the overall message that we're not really interested in public review."

The Alberta Energy Regulator is responsible both for holding public hearings on oilsands proposals and other energy developments and for determining who has the right to appear. The regulator is obliged to allow only those "directly and adversely affected" to appear.

The regulator has taken that language too far, said Liberal legislature member Laurie

Quoted

"I think it sends the overall message that we're not really interested in public review."

Nigel Banks, a professor of resource law at the University of Calgary, on the number of expert observers and opposition politicians shut out by the energy regulator

Blakeman. "Unless you live across the road — literally, across the road — you're not going to get standing."

Alberta Energy Regulator spokesman Peter Murchland said the agency makes judgments on a case-by-case basis.

"AER hearings provide a level playing field for all participants and are open to the public to observe," he said. "Submissions to participate in hearings are assessed depending on a number of criteria, including whether or not an energy project directly and adversely affects them."

THE CANADIAN PRESS

'Under supplied': Ice-time pressure expected to rise



Bill Hunter Arena is one of the city's many ice surfaces, but the city is unlikely to be building new ones over the next four years.

COURTESY CITY OF EDMONTON

Minor hockey. City not looking at new rinks in next capital budget



RYAN TUMILTY
ryan.tumilty@metronews.ca

Ice-time schedules will need even more delicate stick-handling in the years ahead, as participation rates rise and more facilities aren't expected to be built.

Earlier this month, councilors got their first look at the city's coming capital budget, which is focused mostly on maintenance, as well as the downtown arena and the new LRT line, leaving little cash for

Ice sheets

2

The Meadows recreation centre, which is set to open this year, will have two ice sheets.

any other projects.

Reiner Groeneveld, president of the Alberta Men's Hockey League, said ice time is already at a significant premium in the city. "We have a league that currently can serve about 98 teams, but we usually have about 50 every year trying to get in," he said.

The city has completed several recreation centres in the last few years and more are nearing completion, but Groeneveld said those facilities didn't have a big impact.

"When Terwillegar was built we thought it would be great, but it didn't make a big difference," he said.

Dean Hengel, executive director of Edmonton Minor Hockey, said ice time is always a challenge. "We are under supplied, but so is every other ice user."

Hengel said their programs are growing, so the challenge will increase, but he is hopeful the city and user groups will continue to work together to find solutions.

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Liberals. Trudeau stands firm on pro-choice position

Liberal Leader Justin Trudeau says he is following his father's example when it comes to his position on election candidates and abortion.

In an email to supporters Monday, Trudeau offered a "personal reflection" to anyone who has concerns about his decision to turn away new candidates who are unwilling to vote pro-choice on relevant Liberal legislation.

"I had an extraordinary example in a father who had deeply, deeply held personal views that were informed by the fact that he went to church every Sunday, read the Bible regularly to us and raised us very religiously, as Catholics," Trudeau wrote. "But at the same time, my father had no problem legalizing divorce, de-



Justin Trudeau THE CANADIAN PRESS

criminalizing homosexuality and moving in ways that recognized the basic rights of the people."

Trudeau says he shares his father's view of leadership in that regard.

"Canadians of all views are welcome within the Liberal Party of Canada. But under my leadership, incoming Liberal MPs will always vote in favour of a woman's fundamental rights," he wrote. THE CANADIAN PRESS

Committed to the Charter

Toronto's Roman Catholic archbishop, Cardinal Thomas Collins, has written to Trudeau, urging him to allow candidates to be faithful to their

conscience. Trudeau says he welcomes input from the prelate, but his party is committed to the values in the Charter of Rights and Freedoms.

Program for mothers in prison remains in limbo



A correctional officer directs family members of inmates to the recreation yard of the Folsom Women's Facility in California. In Canada, children under age four are allowed to stay with eligible inmate mothers. RICH PEDRONCELLI/ THE ASSOCIATED PRESS

Confusion. Program that allows for children to stay with inmate mothers is rarely used

Canada is set to complete an expansion of women's prisons this month with new rooms designed to accommodate mothers and their babies or young children.

But there's little indication the units will mean more participants in the federal government's mother-child prison program, which is rarely used even though it remains an official policy.

"It's very unclear," said Howard Sapers, Canada's ombudsman for federal prisons.

Since 2008, only 14 children have participated at the federal level, with eight of them on a full-time basis. At the moment there are two part-time participants, Sapers

said.

Under the program, children under age four are allowed to stay with eligible inmate mothers inside the prison. Children under six are allowed on a part-time basis.

Advocates for the mother-child program argue it can lead to positive outcomes for both the woman and the child, including fewer inmates committing new crimes after their release.

Some victims groups, on the other hand, have argued it grants incarcerated women a privilege they don't deserve.

The Correctional Service of Canada is adding a total of 114 minimum-security beds in May to institutions in Nova Scotia, Ontario, Alberta and British Columbia. There will be 15 new adjoining rooms off the side from the main prison area, set aside for mothers and their children, CSC spokeswoman Chantal Guerette said in an email. THE CANADIAN PRESS

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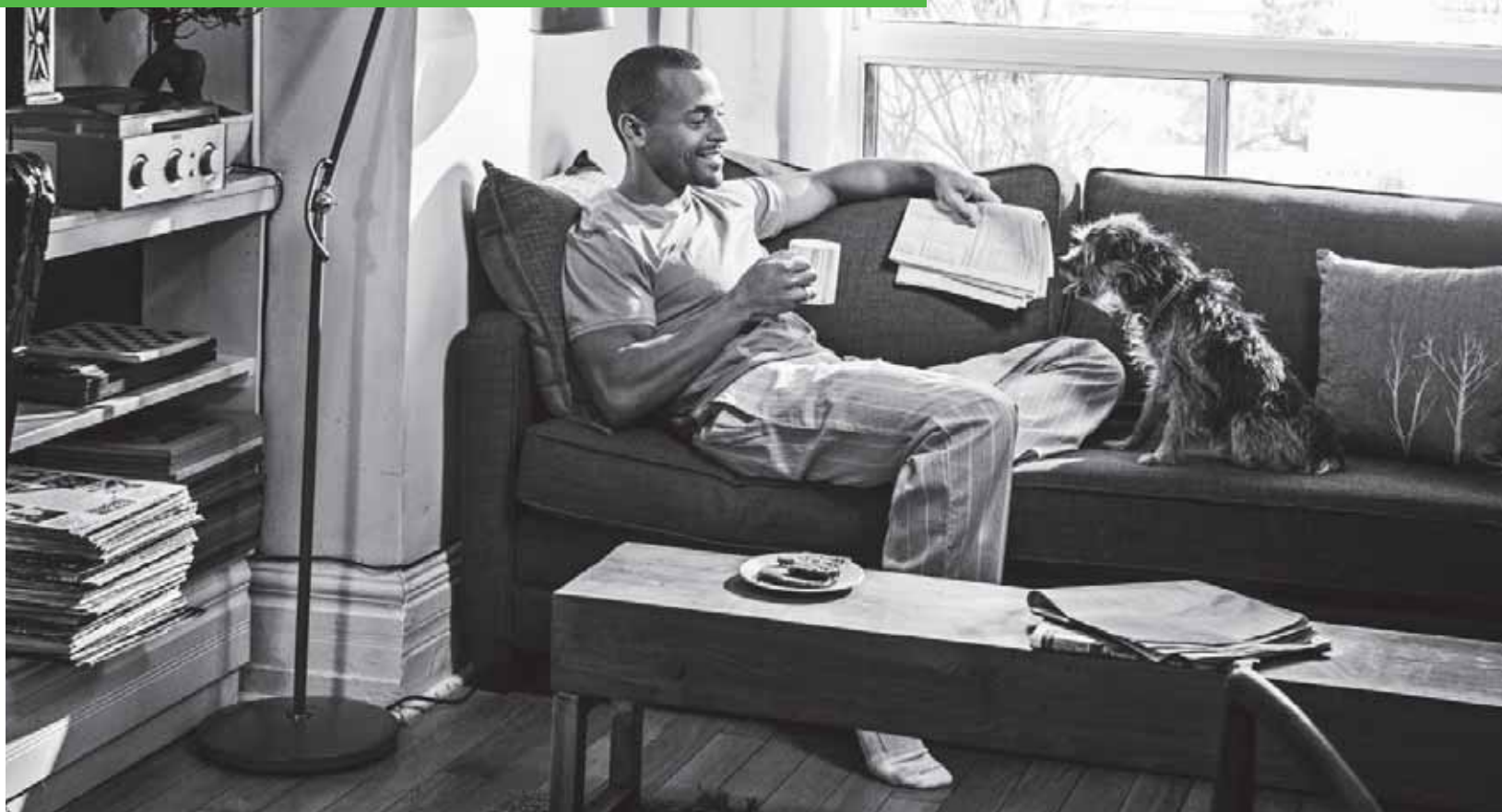
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Highway 16 near Prince George, B.C., is pictured in this 2012 photo. INSET: Lana Derrick is shown in an RCMP handout.
JONATHAN HAYWARD/THE CANADIAN PRESS; INSET: THE CANADIAN PRESS/RCMP

2006 report could help with Hwy. 16

'Highway of Tears.'

A series of murders and disappearances of women along 800 kms of the B.C. route remain unsolved

Sally Gibson has been waiting nearly two decades for answers about what became of her niece, a 19-year-old forestry student from a small First Nation in northern British Columbia who vanished along the Highway of Tears.

There's the official story: Lana Derrick was out with some friends and at some point ended up in a car with two unidentified men, with whom she was last seen at a gas station along Highway 16 near Terrace in the morning of Oct. 7, 1995.

But that's just one of the many theories, rumours and guesses Gibson and her relatives have heard over the years, a painful reminder that no one — not the family, not the police — has any idea about what happened.

"We have heard so many different stories and have been told so many different things that we don't even know," said Gibson from her home in Gitanyow, the First Nations reserve where Derrick grew up.

"It isn't like Lana died and we went and buried her and the pain will go away. She totally disappeared. That's an open wound."

Derrick's disappearance

brought her family into a community of loss and despair, joining the relatives of at least 18 women and girls who disappeared or were murdered along Highway 16 and two adjacent highways.

There are the yearly walks, the memorial ceremonies, and the shared frustration that the provincial government has yet to act on dozens of recommendations to protect vulnerable women in B.C.'s north.

First Nations groups and municipal officials say the province should have acted years ago using a blueprint it already has: A 2006 report with 33 recommendations to improve transportation, discourage hitchhiking, and prevent violence against aboriginal women and girls.

That report was endorsed by a public inquiry report released in December 2012, which called for urgent action. The report was crafted by several First Nations groups after the Highway of Tears Symposium. Its first recommendation was a shuttle bus network along more than 700 kilometres of Highway 16 that runs from Prince Rupert to Prince George.

Other recommendations included education for aboriginal youth, improved health and social services in remote communities, counselling and mental health teams made up of aboriginal workers, more comprehensive victims' services, and funds to pay for it all.

Wendy Kellas, who works on the Highway of Tears issue

Investigation

The 18 women and girls, whose deaths and disappearances are part of the RCMP's investigation, ranged in age from 12 to 25.

- The first to disappear was Gloria Moody from the Williams Lake area, who was found dead in October 1969.
- While official sources list the number of victims at 18, aboriginal leaders estimate the number could be as high as 43.
- Most victims were either found or last seen near the 800 km section of Highway 16 between Prince George and Prince Rupert in B.C.

for Carrier Sekani Family Services, wants provincial funding to examine whether any of the recommendations need to be updated.

Still, she said most of the 2006 recommendations remain relevant, including the need for better services for aboriginal women, and also for the families of the murdered and missing.

Justice Minister Suzanne Anton insists the highway is safe, pointing out that transportation options include a health shuttle for medical patients and Greyhound bus service, which was cut last year.

THE CANADIAN PRESS

Premiers asked to look at '60s Scoop adoptions

Canada's aboriginal affairs ministers are asking the country's premiers to look at compensation, counselling and repatriation for thousands of aboriginal children adopted into white families during the so-called '60s Scoop.

The ministers met recently in Winnipeg and recommended that premiers set up a group to study the issue. The premiers are to meet in August in Prince Edward Island.

Manitoba Aboriginal Affairs Minister Eric Robinson said it's time for a national discussion about the thousands of aboriginal children who were taken from their communities and raised in non-native households from the 1960s to the 1980s.

"It's an issue that's long gone unnoticed," he said. "Nobody talks about it. This is one of those issues that doesn't require a hell of a lot of thinking."

"In my case, at least I had other Indian boys and other Indian kids my age to be around," Robinson said. "In the case of these kids who were adopted out, they had nobody. They

Time to talk

"It's common sense. It's common decency that we begin addressing this."

Manitoba's Aboriginal Affairs Minister Eric Robinson

He said it's time for a national discussion about the thousands of aboriginal children who were taken from their communities from the 1960s to the 1980s.

were a brown face among a mass of white faces either in the United States or in foreign lands."

For Coleen Rajotte, a premiers working group would be a start. The filmmaker was taken from her Cree community in Saskatchewan when she was three months old and raised by a Manitoba family. She was lucky to be placed with a loving family, she said, but many ended up in abusive homes.

Prince Edward Island Premier Robert Ghiz, who will chair the August meeting, is also his province's aboriginal affairs minister.

"We're really not in a position to speak to this," spokesman Guy Gallant said in an email. THE CANADIAN PRESS

'60s Scoop

- It's estimated that up to 20,000 aboriginal children were taken from their homes by child welfare services and placed with non-aboriginal families. Many consider the adoptions an extension of residential schools, which aimed to "take the Indian out of the child."
- Adoptees from the '60s Scoop have said their time for reconciliation has come and they want an apology from the feds. Aboriginal ministers recommended recently that premiers study the issue.

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Reports: Mine officials ignored warning signs



Nearly 2,000 university students, some wearing miners' hard hats, called on the government to resign as they marched to commemorate the beginning of the Turkish War of Independence in Ankara. BURHAN OZBILICI/THE ASSOCIATED PRESS

High gas levels. Five people face charges in the disaster that killed more than 300

Sensors noted high levels of toxic gas inside a coal mine days before the disaster that killed 301 workers in Turkey, but company officials took no action, Turkish news reports said Monday.

Prosecutors, meanwhile, formally arrested two more people for the devastating mine fire in the western town of Soma, raising the number of suspects facing charges of negligent death to five. Those detained included executives and supervisors at mine owner Soma Komur Isletmeleri A.S., prosecutors say.

Chief prosecutor Bekir Sahiner said 25 people were initially detained as part of the probe, but several were released without charges while

eight others were released but could be charged later.

Turkish news reports said prosecutors and inspectors probing the mining disaster had seized data from the mine that indicated sensors showed high gas levels inside the mine as early as two days before May 13. Reports say company officials did not record the high levels on log books and took no precautions.

Sahiner said that a preliminary probe indicated that coal had been smouldering days before, causing the roof to collapse in one part of the mine and unleashing toxic gases that spread throughout. Government and mining officials have insisted that the mine was inspected regularly, that safety standards were high and that negligence wasn't a factor.

Police have broken up protests denouncing poor mine safety in Soma and in Turkey's three largest cities of Istanbul, Ankara and Izmir.

THE ASSOCIATED PRESS

Ukraine. Putin orders Russian troops deployed near border to pull back

In what could be an attempt to ease tensions with the West and avoid more sanctions, President Vladimir Putin ordered Russian troops deployed near Ukraine to return to their home bases Monday.

Putin also praised the launch of a dialogue between Ukraine's government and its opponents even as fighting continued in parts of the country ahead of Sunday's presidential election. The approach suggested that Putin may believe he has achieved his key goal of maintaining Russian influence over eastern Ukraine without having to send in troops.

Russia still wants guarantees that Ukraine will not join NATO and will conduct constitutional reforms to give broader powers to its regions, something that would allow Moscow to maintain its clout in the Russian-speaking east that forms the industrial heartland.

The continued unrest in the east is serving Putin by making it difficult for the government in Kyiv to consolidate its con-

trol in the region.

Putin specifically ordered Defence Minister Sergei Shoigu to pull back the forces involved in the "planned spring drills" in the Rostov, Belgorod and Bryansk regions to their home bases, the Kremlin said.

The order appears to go further than a similar statement by the Russian leader two weeks ago that troops were being pulled back from the border to shooting ranges.

The three regions border Ukraine, and the withdrawal of troops deployed there would signal a genuine attempt by Moscow to de-escalate the worst crisis in its relations with the West since the Cold War. It also would be easily verifiable by Western intelligence. The U.S. and NATO said they saw no sign of a pullout after Putin's earlier claim of a withdrawal.

Ukraine is to vote on a successor to Kremlin-friendly President Viktor Yanukovich, who was ousted in February following months of protests in Kyiv. THE ASSOCIATED PRESS

Syrian death toll over 160K: Rights group

The death toll in Syria's three-year conflict has climbed past 160,000, an activist group said Monday, a harrowing figure that reflects the relentless bloodletting in a civil war that appears no closer to being resolved.

The grim tally, however, only presents one facet of the

tremendous suffering that Syrians have endured since the revolt against President Bashar Assad erupted in March 2011. The crisis has also uprooted some 6.5 million people from their homes, forced 2.7 million to flee the country, laid waste to cities and towns alike and unleashed sectarian hatreds

that have rippled across the region.

The Britain-based Syrian Observatory for Human Rights said Monday it has documented 162,402 deaths, including civilians, rebels and members of the Syrian military. That figure also contains militiamen, such as members of the Lebanese

Hezbollah militant group who have been fighting alongside Assad's forces, as well as foreign fighters among the opposition forces.

The Observatory remains the sole organization providing a reliable tally of Syria's dead. The UN has stopped updating its tally, saying it can no longer

verify the information.

Civilians comprised about a third of the Observatory's new toll. Those deaths include 8,607 children and 5,586 women. The Observatory considers its tally an estimate and said the figure of those killed was higher than the sum of subcategories. THE ASSOCIATED PRESS



A Syrian teen inspects the rubble of houses destroyed by air strikes.

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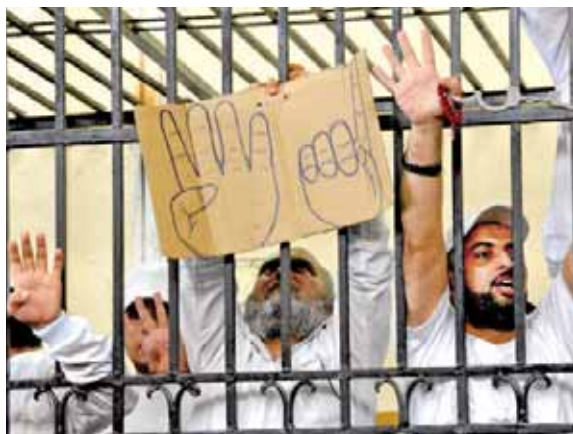
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Courts convict 170 suspected of supporting ousted Morsi



Supporters of the Muslim Brotherhood hold a cardboard sign with the 'rabaa' symbol from the defendants' cage as they receive sentences ranging from life in prison to death by hanging, in Alexandria, Egypt. HEBA KHAMIS/THE ASSOCIATED PRESS

Egypt. Among the convicted are five 17-year-old minors and one 16-year-old boy who received a three-year prison sentence

A pair of Egyptian courts have convicted 170 suspected supporters of toppled President Mohammed Morsi on charges related to violent attacks last year.

The weekend convictions in the courts in Cairo and in the Nile Delta city of Kafr el-Sheikh are the latest in a series over recent months that saw hundreds of people prosecutors identified as Morsi supporters sentenced to death or imprisonment.

In some cases, the verdicts came after no more than two hearings, drawing criticism from human-rights activists and foreign governments as Egypt's military-backed interim government continues its crackdown on Morsi supporters and his Muslim Brotherhood group.

The Kafr el-Sheikh court convicted 127 people of storming and torching a church, a police station and a sports stadium to avenge the killing of hundreds of Islamists when security forces ended two sit-in protests in Cairo by Morsi supporters in August, according to a statement by the office of Egypt's top prosecutor.

They were sentenced to

The Muslim Brotherhood

Authorities have detained around 16,000 Brotherhood supporters, including Morsi and most of the group's top leaders, following the July 3 overthrow of his government.

- Many of them are on trial on charges that vary between espionage, inciting murder to corruption.

10 years in prison each. Five minors, all 17 years old, each received a one-year suspended sentence in the same case, the statement said.

The second court in Cairo sentenced 37 people to 15 years in prison each for their part in an attempt to blow up a subway station in Cairo last year, said the statement.

A 16-year-old boy received a three-year prison sentence in the same case. The court also fined all the defendants 20,000 Egyptian pounds (\$2,800) each.

In April, an Egyptian judge sentenced the Brotherhood's spiritual leader, Mohammed Badie, and 682 others to death, drawing worldwide rebuke.

Sunday's verdicts came a day after a bomb exploded at an election rally for presidential candidate Abdel-Fattah el-Sissi, wounding four, including two police officers. El-Sissi, a retired field marshal, led the military when it ousted Morsi 10 months ago.

THE ASSOCIATED PRESS

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Kidnapping. Islamic preacher found guilty of giving support to terrorists

An Egyptian Islamic preacher whose fiery sermons before and after 9-11 attracted extremists to his London, England mosque was convicted Monday in a trial that a prosecutor said should provide justice for the victims of a kidnapping in Yemen more than a decade ago.

The 56-year-old cleric, Mustafa Kamel Mustafa, was found guilty just weeks after an al-Qaida spokesman was convicted.

Mustafa was accused of providing material support to terrorist organizations by enabling hostage takers in the Yemen kidnapping to speak on a satellite phone, by sending men to establish an al-Qaida training camp in Oregon, and by sending at least one man to training camps in Afghanistan.

He was extradited in 2012 from England, where he led London's Finsbury Park Mosque in the 1990s, reportedly attended by both Sept. 11 conspirator Zacarias Moussaoi and shoe bomber Richard

Reid. Mustafa denied that he ever met them.

Mustafa looked straight ahead as the verdict was read. Sentencing was set for Sept. 8, when he faces a maximum of life in prison.

Defence attorney Joshua Dratel said the verdict was "not about the evidence but about a visceral reaction to the defendant."

For much of the past month, jurors watched videotapes and heard audio clips in which Mustafa shouted to his followers, telling them non-Muslims could be treated like animals and women and children who were not Muslim could be taken captive.

His testimony over four days was derided by Assistant U.S. Attorney Ian McGinley, who told jurors to ignore his lies and concentrate on the evidence.

"Don't be fooled by his testimony," McGinley said. "Don't let the passage of time diminish what he did."

THE ASSOCIATED PRESS

CIA program

Vaccines won't be used to spy: Official

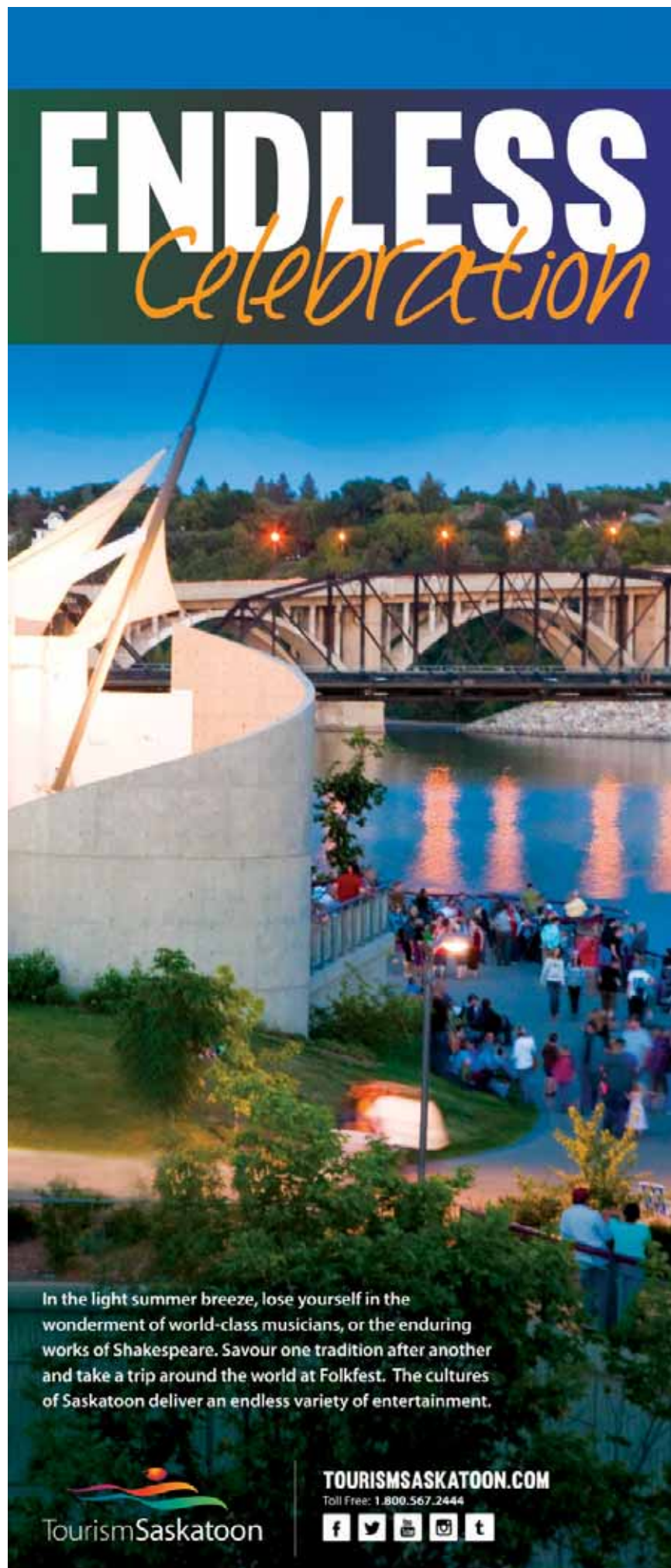
A top White House official is promising that the CIA will no longer use vaccination programs as cover for spying operations. It used the ruse hunting for Osama bin Laden.

Lisa Monaco, President Barack Obama's top counterterrorism adviser, wrote to the deans of 13 public health schools last week, saying that the CIA has agreed it would no longer use vaccination programs or workers for intelligence purposes.

The agency also agreed to not use genetic materials obtained through such programs.

A Pakistani doctor provided polio vaccinations in the Pakistani city of Abbottabad as cover for his CIA-backed effort to obtain DNA samples from children at a compound where bin Laden was killed during a 2011 raid.

The health school deans later publicly criticized the CIA's use of the vaccination program. THE ASSOCIATED PRESS



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Billionaire. Russian 'Fertilizer King' ordered to pay ex-wife \$4.5B

A Swiss court has ordered a Russian billionaire to pay more than \$4.5 billion to his ex-wife in what could become the biggest divorce settlement in history.

In papers delivered Monday to both parties, the Geneva Tribunal of First Instance said Dmitry Rybolovlev, an owner of the French soccer club AS Monaco, must pay \$4,509,375,184.80 to ex-wife Elena Rybolovleva of Geneva. Both are 47.

The judgment granted his ex-wife property worth \$146 million in Gstaad, Switzerland, where the couple owned two swanky chalets. It awarded her two other pieces of real estate in an ultra-wealthy area of Geneva.

The couple has two daughters, Ekaterina, an adult, and Anna, 13.

Forbes now ranks Rybolovlev as the world's 147th wealthiest person; previously he was wealthier and 79th.

THE ASSOCIATED PRESS



Dmitry Rybolovlev, seen in 2012.
THE ASSOCIATED PRESS FILE

Settlement

"The most expensive divorce in history."

Wife's lawyer Marc Bonnant, though Rybolovlev's lawyer said that the judgment's cash order was likely to be whittled down in coming appeals



A warm welcome for the Heir

Prince Charles and his wife Camilla watch traditional dancers while touring a farmers' market Monday in Halifax, their first stop in a whirlwind visit to Canada. The visit by the Prince of Wales and the duchess is to celebrate Canada's past and future. THE CANADIAN PRESS

Alaska. Woman's actions hailed as heroic after being attacked by bear

A woman attacked by a brown bear on an Alaskan military base struggled to walk three kilometres on a windy, uphill path to get help, officials said Monday.

The woman's efforts to get aid after an approximately eight-foot bear swiped at her were nothing short of heroic, said Mark Sledge, base con-

servation law-enforcement officer, at a news conference.

The woman, who has asked that her identity not be released, suffered lacerations to her neck, arms and legs and was hospitalized in stable condition at the Alaska Native Medical Center, said Maj. Angela Webb.

THE ASSOCIATED PRESS

Mickey Mouse!

Very deep pockets needed to visit Walt Disney's theme parks

The price of a ticket at Disneyland is creeping closer to triple-digits.

A single-day ticket for either Disneyland Park or Disney California Adventure Park is now \$96 for those 10 and up.


The \$4 hike went into effect Sunday and is about

the same as previous boosts, which usually happen about once a year. Single-day ticket prices have more than doubled since 2003.

The cost for annual passes went up too.

A Disneyland statement says the price hikes were brought on by a variety of factors, but the tickets represent a great value given the breadth and quality of attractions and entertainment at the parks.

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Schools working to help transitioning kids fit in

Equal access. Big strides being made toward youth transgender rights

Isaac Barnett took a bold step last year: he told teachers and classmates at his Kansas high school that the student they had known as a girl now wanted to be accepted as a boy.

His close childhood friend, who also identified as transgender, was ready to reveal his secret, too.

With the administration's blessing, a segment featuring the two friends talking about their transitions aired in the school's classrooms, alongside a basketball team promotion and a feature on the importance of the arts.

"I didn't get any questions or hate or put-downs or anything like that," said Barnett, now 18, adding that they called him Isaac immediately — a drama-free coming-out that would have been extraordin-

ary in schools a decade ago.

With children rejecting their birth gender at younger ages and the transgender-rights movement gaining momentum, schools are working to help transitioning youth fit in without a fuss.

California this year became the first state with a law spelling out transgender student rights in public schools, including the ability to use restrooms and to play on sports teams that match their expressed genders.

Another 13 states prohibit discrimination on the basis of gender identity in schools. Dozens of districts, from Salt Lake City and Kansas City to Knoxville, Tenn., and Decatur, Ga., have adopted similar protections.

Parents are increasingly seeking a comfortable learning environment for their transgender children, according to Transgender Legal Defence and Education Fund executive director Michael Silverman.

His group represented the parents of a transgender Colorado grade-school girl who was prevented from using the girl's restroom until state civil-rights officials ruled in her favour last year.

Last month, the U.S. Educa-

tion Department alerted districts in a memo on sexual violence that it would welcome civil-rights complaints from transgender students under Title IX, the 1972 law that bans gender discrimination at schools. **THE ASSOCIATED PRESS**



Transgender high school students Isaac Barnett, left, and his prom date, identified only as Jasen, pose for photos in Kansas City, MO. CHARLIE RIEDEL/THE ASSOCIATED PRESS

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People paddle boats down a flooded street in Obrenovac, some 30 kilometres southwest of Belgrade, Serbia, on Sunday. More than 20,000 people have been forced from their homes in Serbia. DARKO VOJNOVIC/THE ASSOCIATED PRESS

Some town residents refuse to flee flood

Surge in Serbia.

At least 35 people have died and tens of thousands forced to flee their homes

Serbia ordered the town of Obrenovac evacuated on Monday, in addition to 11 others along the raging Sava River. Yet Bratislava Pavlovic won't budge, even as water rising six feet in an hour lapped outside her third-floor apartment.

"I grew up in this town," the 58-year-old postal worker said. "I was born and raised here."

"It came like a big wave," she said of the churning floodwaters that inundated the town of 15,000 when the Sava overflowed its banks. "It happened in one hour, two metres of water. Nobody saw it coming," said Pavlovic, whose two sons and their families were among those who fled.

The worst rainfall in more than a century has flooded large swathes of Bosnia and Serbia, threatening Serbia's main power plant and unleashing landslides that have swept away homes and unearthed land mines left over from the region's war, along with warning signs pinpointing their locations.

Another surge of floodwaters on Monday prompted the evacuation order for a dozen communities, including Obrenovac, where soldiers, police and volunteers worked around the clock to protect the coal-fired Nikola Tesla power plant, which supplies electricity for half of Serbia and most of Belgrade.

Hundreds of people were evacuated by helicopters and buses, joining some 7,800 residents already forced from their homes since Friday. Hundreds more were believed trapped in the higher floors of buildings, without power or phone lines.

THE ASSOCIATED PRESS

Man who sent poison letters to Obama sentenced to 25 years

A man who pleaded guilty to sending letters dusted with the poison ricin to U.S. President Barack Obama and other officials was sentenced Monday to 25 years in prison.

James Everett Dutschke was sentenced by Judge Sharon Aycok after telling her on May 13 that he had changed his mind about wanting to withdraw his guilty plea in the case. He also was sentenced to five years of supervised release and remains in federal custody.

Dutschke waived his right to appeal. He wasn't fined or



U.S. marshalls lead James Everett Dutschke into the Federal Building in Aberdeen, Miss., on May 13. NORTHEAST MISSISSIPPI DAILY JOURNAL-THOMAS WELLS/THE ASSOCIATED PRESS

money, federal prosecutor Chad Lamar said. Unlike last week, Dutschke said little and allowed his lawyer to do the talking, Lamar said.

The 42-year-old Mississippi resident sent the letters to Obama, Republican U.S. Sen. Roger Wicker and Mississippi judge Sadie Holland in what prosecutors have said was an elaborate plot to frame a rival, Paul Kevin Curtis. Poisoned letters addressed to Obama and Wicker were intercepted before delivery, but one letter reached Holland. She was not harmed. THE ASSOCIATED PRESS

Canada-U.S. meat dispute takes a free-speech twist



Cowboys move cattle northwest of Calgary in this May 2013 photo. Canadian cattle producers were in a U.S. court Monday, arguing for their right to free speech under the First Amendment. JEFF MCINTOSH/THE CANADIAN PRESS FILE

Buy American? Lawyer for the U.S. government denied country-of-origin labels designed with protectionist aims

Canadian livestock producers were in an American courtroom Monday fighting against labelling requirements blamed for having devastated their exports to the United States.

Canadian and Mexican producers, and the U.S. partners they supply, argue that free-speech rights guaranteed in the First Amendment are being violated by the requirement that they stamp country-of-origin labels on meat packaging.

They say the requirement is not only costly, from a logistical standpoint, but also amounts to the American government forcing them to divulge information for illegitimate reasons — which, they argue, violates First Amendment rights.

A lawyer for the American Meat Institute argued that the rules are pure protectionism, disguised as an attempt to help consumers learn about the origin of their food. She said the initiative did not meet the standard set by courts in past cases about corporate disclosure.

"We're not directly trying to help American ranchers ... (although) it might have

Exports hit

A U.S. insistence on country labels, introduced in 2002 and enforced since 2008, is blamed for reducing Canadian cross-border meat exports by half.

- The provisions are opposed by elements in the U.S. meat industry — but supported by some ranchers near the border, who compete with Canadians and Mexicans, along with their allies in Congress.

that effect," said a lawyer for the American government, who denied the rules were designed with protectionist aims. That lawyer received a rough ride from one judge who repeatedly pressed him to explain how the rules did anything to help consumers.

The judge suggested that legal precedent says governments cannot tell companies what to say, except under three circumstances: to protect health, safety and consumers from being deceived.

The judge suggested the labelling rules did not meet that standard — but merely served other purposes. "This is a bias against Mexican and Canadian ranchers," the judge said. "It's a traditional protectionist impulse."

Later in the hearing, he added: "The implicit message is to buy American."

THE CANADIAN PRESS

Vatican bank

Watchdog calls for 'corrective measures'

The Vatican's financial watchdog agency said Monday that "corrective measures" were necessary at the Holy See's troubled bank to continue the path toward financial transparency and compliance with international anti-money-laundering norms.

Financial Intelligence

Authority Director Rene Bruehlhart said the main problems identified in an investigation of the Institute for Religious Works concerned the bank's procedures for identifying high-risk activities.

Bruehlhart spoke to reporters after his annual report showed a spike in the number of suspicious financial transactions being reported last year.

THE ASSOCIATED PRESS

E. coli fears

Ground beef recalled in four U.S. states

Officials say a Detroit-based business is recalling about 1.8 million pounds of ground beef products sold in four states for restaurant use that may be contaminated with E. coli bacteria.

The U.S. Department of Agriculture's Food Safety and Inspection Service announced Monday that

affected Wolverine Packing Co. products were produced between March 31 and April 18. They were shipped to distributors in Massachusetts, Michigan, Missouri and Ohio.

The Food Safety and Inspection Service says 11 illnesses have been identified. E. coli can cause severe cramps, nausea and diarrhea, as well as other complications.

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Leviathans under threat. A chance to stem more loss

On a cold Newfoundland morning last week, a man slicked with whale grease read aloud from a sort of shopping list.

"He wants a grapefruit-sized sample of liver, kidney, lung and ovary, but he said the ovary might be all mushy. He wants an eight-inch-wide part of the aorta. He wants an eye lens, if we can get it. He wants the wax earplugs and the longest pieces of baleen, starting below the gum line."

The man covered in grease was Burton Lim, assistant curator of mammalogy at the Royal Ontario Museum. The wish list came from Jack Lawson, a marine mammal research scientist at the Department of Fisheries and Oceans (DFO).

And they were "shopping" from the exposed abdominal cavity of a 100-plus-tonne blue-whale carcass that had floated to the shore of Trout River two weeks ago, bloated with gas, captivating millions with the threat it might explode.

It didn't. And for six days, after the ROM gained permission to take the skeleton to Ontario, the neighbouring town of Woody Point got a five-senses assault — Smell: the sourest stench imaginable. Sight: Egg yolk-yellow spinal matter. Sound: the thunk of meat hooks sinking into blubber. Touch: greasy goo, everywhere. There was even Taste for anyone unlucky enough to be caught open-mouthed at the wrong time.

'We were worried they were blues'

Blue whales are the largest animal ever to exist on Earth, but we know very little about them. And this whale was from a Canadian group struggling to reproduce, for reasons researchers do not understand.

The loss of a mature female — at least three, actually; two more washed ashore along the same coast — is a severe blow to conservation efforts. But it is a precious opportunity to study an exquisitely evolved animal and perhaps find out why her population is under threat.

Lawson first laid eyes on the whale on March 21. A woman in southwest Newfoundland had snapped pictures of something dark in the sea ice.

"We were worried they were blues," he says. A flyover confirmed it: Nine mature blue whales, apparently crushed in sea ice. Lawson was horrified.

Blue whales are endangered globally, but the Western Atlantic population that frequents Canadian waters is particularly troubled. While the eastern Atlantic group that swims from

Iceland to the Azores numbers at least 1,100, there are likely no more than 250 adults here.

Worse, the whales aren't reproducing well. In 35 years of monitoring this population, Richard Sears, founder of the Mingan Island Cetacean Study on the St. Lawrence River, has spotted just 22 calves.

"There's something going on with the animals in the Northwest Atlantic that's not good," says Sears.

'We're just looking for any clues'

Lawson wanted the aorta for show-and-tell, but everything else will be pored over to try to understand what is plaguing these creatures.

"We're just looking for any clues as to why this population isn't doing as well as we think it should be," says Lawson.

- **Pollutants.** Researchers will begin screening the whale's organ tissue and blubber for pollutants. Belugas in the St. Lawrence estuary have been shown to carry high levels of mercury, PCBs, DDT, the banned insecticide Mirex and other contaminants. Blue whales feed much lower on the food chain, so they face less exposure. The presence of toxins would be a major red flag.

- **Baleen.** Baleen is made of keratin, like our fingernails. As it grows, it stores information about the animal's diet. It might show the krill supply has changed over time or other problems in the ecosystem.

- **Climate change.** In the case of the Trout River whale and her eight kin, the direct cause of mortality is pretty obvious: Death by ice. In previous decades, when ice cover was more regular, it was common to see at most five blue whales killed by ice. That happens less now that climate change has decreased ice cover. "Maybe whales just aren't used to the ice anymore," says Sears.

- **DNA.** Genetic information from the Trout River whale will also provide crucial insights. Is it a match for DNA from several blue whales already on file? Are the western and eastern Atlantic populations really distinct? The Canadian Barcode of Life Network, which is building a database of genetic information for every species in Canada, will get its first blue whale.

And when the ROM uploads information about its collection to research databases, requests from all over the world will begin filtering in — a dead-whale explosion of a different sort.

TORSTAR NEWS SERVICE

The last pieces of blubber have been scraped, and the reporters have all gone home. But now Trout River, N.L.'s will now entertain a different audience: researchers. Here's a breakdown of the Royal Ontario Museum's recovery

A TALE OF



Flensing

A forgotten art in Newfoundland

Flensing, the stripping of whale blubber, was a practice familiar to Newfoundlanders just a generation ago. A beached blue whale would have been a bounty before the last two commercial whaling stations in the province shut down in 1972. Today, the removal of tonnes of whale flesh is a logistical nightmare, not to mention a nauseating mess.

The nine-person team — two from the ROM, three from Ontario's Research Casting International, three local workers and an American volunteer — started at the tail of the upside-down whale, removing chunks of blubber and meat with kitchen knives and huge fish hooks.



Vertebrae are stacked and tagged with poker chips before transport.
KATE ALLEN/TORSTAR NEWS SERVICE

Big job, big tools

Improvising with heavy machinery

As vertebrae were exposed and sawed off, a thick carpet of flesh from the whale's broad backside remained. Far too heavy to lift, the crew dealt with it by threading a sturdy rope through an incision in the flesh and lifting it with a front-end loader so the men could cut it into manageable pieces while it hung mid-air.

All the discarded chunks were thrown into the loader's bucket, dumped into a waiting truck and carted off to landfill. The bones — Fred Flintstone-size ribs, a flipper with a ball joint the size of a beach ball — were identified with coded poker chips and loaded into a semi-trailer triple-lined with plastic.

'Pudding gusher'

Rotten almost beyond recognition

The whale had been dead nearly two months, so its viscera were practically liquefied. But the ROM's Burton Lim was able to identify spleen, lungs, heart and liver from the oozing cavity. (His colleague Mark Engstrom started using "pudding gusher" as a technical term.)



Mark Engstrom, deputy director of collections and research, holds up an eye. KATE ALLEN/TORSTAR NEWS SERVICE

blue whale carcass — which fascinated millions with the threat of explosion and the scale of the removal effort — efforts and why the blue whale is such an important find.

A WHALE



TORSTAR NEWS SERVICE

Samples

Rummaging for grisly treasures

For safekeeping at the ROM, organ samples were scraped into cryogenic tubes and dropped into liquid nitrogen, flash-freezing them. The DFO's samples, along with a slice of aorta the width of a basketball, were bagged and picked up by fisheries officers.



A cross-section of the whale's aorta.
KATE ALLEN/TORSTAR NEWS SERVICE

Aging the whale

Valuable bits and pieces go missing

The eye lens and ear wax could be used to age the whale, which could be anywhere from 10 to 80 years old or more at sexual maturity. Scars on the ovaries would show whether she had calved. But all three were long gone, picked at by seagulls or lost in the mush.



Burton Lim samples spleen.
KATE ALLEN/TORSTAR NEWS SERVICE

Colossal cranium

Sometimes it's tough to get a head

When the crew used heavy machinery to peel back the massive sheet of blubber that housed the lower jaw, Lim got access to the baleen, the filter-feeding system made of hard, venetian-blind-like strips. He sawed a big chunk of the baleen off at the root and bagged it for pickup.

Eventually, there was nothing left of the whale in Woody Point but its upper cranium, which was too big to fit in the trailer and will probably be ferried in a shipping container.

TORSTAR NEWS SERVICE



Workers get down to the skeletal remains of the whale.
KATE ALLEN/TORSTAR NEWS SERVICE

Evolution and conservation

Our not-so-different kin



The similarity between humans and their marine mammal cousins is a useful avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian. GETTY IMAGES FILE

There's much to be learned from the Trout River whale independent of scientific research — and that will occur after the skeleton has been degreased, reassembled and mounted for display, a goal many years and millions of fundraising dollars away. The next step for the skeleton will be to bury it in compost for 12 months.

Mark Engstrom, deputy director of collections and research, has been planning an exhibit on cetaceans — marine mammals — for years. He has collected a humpback, fin, minke, sperm, right and killer whale. But the last opportunity to acquire a blue came up 25 years ago. A blue whale, more massive than any known dinosaur, will be the capstone of the ROM's new collection. Engstrom intends to focus the exhibit around two major tent poles: Evolution and conservation.

Everyone knows that whales are mammals, not fish. But what that actually means becomes apparent when you see its skeleton. A blue whale's flipper bones have a disconcerting similarity to human anatomy. Only the proportion is off: The arm bones are much shorter, while the finger-equivalents are longer. Some blue whales even have vestigial hind legs enclosed in their skin, remnants of a former life on land. These exquisite adaptations create a convenient avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian.

"The question is always, 'Why did the whale go back to water?' We can't tell you why, we can tell you how," he says. Whales' closest living terrestrial relatives are hippos. Fossils show that cetaceans evolved from hoofed animals.

As for conservation, people seem to be fascinated with their mammalian kin, reinforced by their sheer scale.

"Even though it's dead, it's still an amazing thing to be able to walk for 85 feet along the side of what was once a living thing and be able to see just how beautifully streamlined they are and how super-evolved to live in the marine environment," says Jack Lawson of the Department of Fisheries and Oceans. TORSTAR NEWS SERVICE



Dissection inspection

Here lies the Trout River blue whale's head and jaw. If you have a stomach of steel, scan this photo with your Metro News app to see more photos of the Royal Ontario Museum's team taking the carcass apart. KATE ALLEN/TORSTAR NEWS SERVICE

Hello! Is it me you're looking for? Feds haven't got a clue if landlines in use



Robocalls have found at least 8,000 unused government phones. THE CANADIAN PRESS

The federal government has been running a massive robocall campaign out of Ottawa, dialling its own offices and hoping no one answers.

The objective? Ferret out and cancel the thousands of unused telephone lines that cost taxpayers millions each year.

So far, the robocalls have found at least 8,000 of them.

The project over the last year was to locate government lines that no one ever picks up, whether because of long-ago workforce downsizing, an office move or other reasons.

But Shared Services Canada, the agency in charge, has no master list of orphan telephone numbers for its 43 client departments, who are often sloppy about keeping track.

So it offered an auto-dialler system to the RCMP, Health Canada, Treasury

Board and other big departments that allows them to ring their own office numbers to find out whether a lowly bureaucrat actually lifts the receiver at the other end.

So far, there have been no answers at 8,000 desktop telephones, which puts them on a watch list.

The agency can then use another automated system to help verify whether each inactive line is permanently idle.

The system actively monitors any outgoing calls from these suspect lines, and sends a report to Shared Services Canada alerting officials if the line is in use after all.

Documents detailing the line-cancellation project were obtained by The Canadian Press through the Access to Information Act.

THE CANADIAN PRESS

Costly oversight

As of March 2012, there were 295,000 so-called Centrex telephone lines provided by Bell Canada to federal government departments and agencies in Ontario and Quebec, where the vast majority of public servants work.

- Shared Services Canada is working to get rid of as many of these lines as

possible, with the goal of reducing the federal telephone bill by \$28.8 million by 2015.

- An estimated 50,000 lines are to be dumped over three years by moving to Internet-based voice calls, known as voice-over-Internet protocol or VoIP.



Thailand's army declares martial law

Residents stop to take a photograph of themselves at a military checkpoint in central Bangkok, Thailand, early Tuesday. Thailand's army declared martial law in a surprise announcement before dawn Tuesday that it said was aimed at keeping the country stable after six months of sometimes violent political unrest. The military, however, denied a coup d'état was underway. The move effectively places the army in charge of public security nationwide. It comes after the Southeast Asian country's caretaker prime minister refused to step down.

KIKO ROSARIO/THE ASSOCIATED PRESS

Google buys into the BYOD trend

Bring your own device. As more workers use one smartphone for business and pleasure, Divide helps businesses manage the risks

Google has bought Divide, a startup that helps companies manage the mobile devices that employees are increasingly relying upon to get their work done.

Financial terms of the acquisition announced Mon-

day were not disclosed. The deal is part of Google's effort to widen corporate usage of smartphones and tablets running on Android, its mobile operating system.

Google is counting on Divide's technology to make companies feel more comfortable about allowing their employees to use Android devices for business email and other on-the-job tasks involving sensitive information.

More than one billion devices worldwide already are powered by Android, making it the world's leading mobile operating system. Divide

Leading the way

1 billion

With more than one billion devices worldwide powered by Android it is the world's leading mobile operating system.

also offers an app for Apple Inc.'s iPhones. Although Divide is joining Android, the company reassured existing iPhone customers that their device-management tools will continue to work.

Divide, originally known as Enterproid, was founded four years ago by former

Morgan Stanley executives who believed that the growing popularity of smartphones and tablets would drive more corporate demand for device-management tools.

The New York company has raised more than \$25 million US, including a \$12-million round led by Google's venture-capital arm. Other early investors included the venture capital divisions of smartphone chipmaker Qualcomm Inc. and Comcast Corp., the largest U.S. cable and high-speed Internet service. **THE ASSOCIATED PRESS**

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SLEEP-HACK YOUR WAY TO SUCCESS?

While waiting in line at a coffee shop, I recently overheard a conversation between two women who seemed desperate to outdo one another's exhaustion level. They complained to each other about lack of sleep, hectic workweeks and the amount of caffeine required to compensate for their lack of energy.

In North America, it's not uncommon for individuals to wear fatigue as a badge of honour. We pride ourselves on being overscheduled while excess free time is viewed as an indication of laziness or lack of ambition. Even our biological need for sleep is now a sign of weakness.

When it comes to the perfect amount of shut-eye, experts seem divided on the number of hours we should be getting. Most doctors maintain that the average adult needs somewhere around seven to nine hours a night. However, one of the largest sleep studies ever conducted — with over 1.1 million participants — found that people who sleep for just six-and-a-half hours a night lived the longest.



SHE SAYS
Jessica Napier
metronews.ca

Dave Asprey, a tech entrepreneur turned life coach, is a prominent advocate for the "less-is-more" approach when it comes to sleep. A self-proclaimed bio-hacker, Asprey spent 15 years and \$250,000 of his own money consulting with doctors and scientists around the world and experimenting on his own body to alter his biology and become a more powerful human being.

He's now shilling his bio-hacking secrets through his website, The Bulletproof Executive, which offers lifestyle advice, techniques and tools designed to optimize your own biochemistry. He promises to teach people how to stay healthy and achieve a peak state of productivity by sleeping less than five hours a night. One of his more uncomfortable-sounding sleep-hacking

tips is to submerge your body in an ice bath prior to bedtime to accelerate the natural drop in internal temperature needed to fall asleep. He also recommends purchasing numerous slumber aids from his own line of branded products, which includes Bulletproof Coffee and other nutritional supplements.

Asprey boasts that he has trained his body to subsist on three to five hours of sleep a night and is able to wake up fully rested and functional the next morning. His evangelical arguments for a better life on less sleep are very appealing to time-starved individuals desperate to squeeze a few extra hours out of the work day and supercharge their efficiency.

And sure, these sleep-hacking techniques may allow you to answer a few more emails during the day or finish some neglected chores, but is more time spent conscious really worth the potential health risks? Asprey himself recognizes the dangers of sleep hacking and warns that he is not a physician and that his tips are on how to "safely(ish)" hack your sleep. Bypassing your own biological needs in the name of productivity is incredibly arrogant and ignores the many well-documented and dangerous problems associated with lack of sleep, including increased risk of cancer, heart disease, diabetes and weight gain.

Many of Asprey's tips — such as turning off electronics at least an hour before bed and eating low-mercury fish — are helpful in terms of getting better-quality sleep, but reducing the number of hours is still a risk. Sacrificing the quantity of resting hours means gambling with both your mental and physical well-being.

ZOOM

Out of the darkness ...



In this June 2013 photo provided by National Geographic, diver Susan Bird, working at the bottom of Hoyo Negro, a large dome-shaped underwater cave in Mexico's Yucatan Peninsula, brushes a human skull found at the site. Thousands of years ago, a teenage girl fell into this deep hole and died. Now her skeleton and DNA are helping scientists study the origins of the first Americans. PAUL NICKLEN/ NATIONAL GEOGRAPHIC/THE ASSOCIATED PRESS

... and into the scientific spotlight

Mexican experts plan to extract the entire skeleton of a teenage girl who nearly 13,000 years ago toppled into a deep hole in a cave and died, an official said Monday.

An official said that so far only a molar and a rib fragment have been removed from the underground cave where the remains were found in 2007.

Once recovered, the remains will be studied and displayed. THE ASSOCIATED PRESS

Skeleton holds clues to first Americans

The discovery of the girl's skeleton is bolstering the long-held theory that humans arrived in the Americas by way of a land bridge from Asia.

DNA testing shows the girl is related, maternally at least, to today's native Americans, meaning both would trace their lineage to Beringia, the land masses on either side of the ancient land bridge now covered by the Bering Sea.

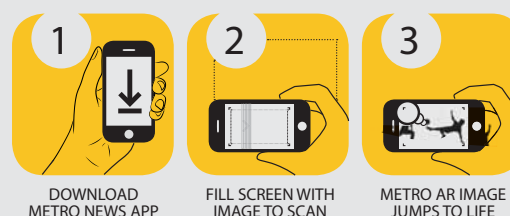
THE ASSOCIATED PRESS

Accidental discovery

- The girl's nearly complete skeleton was discovered by chance by expert divers who were mapping water-filled caves north of the city of Tulum, in the eastern part of the Yucatan Peninsula.
- The divers decided to name the girl Naia, after a water nymph of ancient Greek mythology.

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MetroTube

Call of the cattle man



ANDREW FIFIELD
metronews.ca

Country rap exists. It's largely terrible, so you don't come across it much. But maybe there's hope. Maybe it's the approach that's wrong. Instead of mashing two genres of wildly different experiences and traditions together and hoping for the best, perhaps just allow things to happen organically. And like Darwin noticing the beaks on Galapagos finches, the adventurous optimist may see glimmers of country rap's original form in this video of a cattle auctioneer's calls transformed into smooth beats with the help of a few well-placed trap horns.



GETTY IMAGES FILE

(Via HNHD/YouTube)



2 SCENE

DVD review



Pompeii

Director. Paul W.S. Anderson

Stars. Kit Harington, Emily Browning, Kiefer Sutherland

●●●●●

Pompeii isn't the complete disaster you'd expect from Paul W.S. Anderson, who of course really wanted to make this movie. As a commercial director of infinite zeal for all things derivative, loud and messy, he would take to illustrating the big Roman bang of AD 79 like a zombie duck to a pool of blood. Actors — including in this case Kiefer Sutherland, Emily Browning and Games of Thrones' Kit Harington — can be such a nuisance when all you really want to do is light the fuse on a stack of dynamite. Yet it must be said that Pompeii doesn't completely suck, although it does blow, metaphorically speaking. When the time comes for Mt. Vesuvius to unleash its historical fury, Anderson and his ace Toronto tech team really go with the flow. The mayhem of the ancient city being whacked by Mother Nature (or by vengeful gods) is convincingly rendered in the film's second half, with much fire and brimstone being tossed about.

PETER HOWELL

How to train your regular Canadian boy

Jay Baruchel. Despite his success, writer and actor still feels out of place on a red carpet in Cannes — he's more comfortable in his PJ's

Cannes is awash in glamorous celebrities who peacock on the festival's red carpet and confidently parade through its multitudes. Jay Baruchel is not one of them. He may be the most uncomfortable person in Cannes. Baruchel readily acknowledges it's "a little intense" for his tastes, which are not exactly red-carpet ready: "I don't like wearing suits or nothin'," he says.

The 32-year-old Canadian actor was in Cannes for the premiere of *How to Train Your Dragon 2*, for which (as with the Oscar-nominated 2010 original), he voices the main character, Hiccup, a young Viking who befriends the dragons his tribe has long slayed. Baruchel, who broke out in the Judd Apatow TV series *Undeclared*, is best known for his comedies, including *Knocked Up* and last summer's *This Is the End*. The anti-Hollywood version of himself he played in that film has some truth to it. Baruchel, who speaks with a Québécois accent, lives in his native Montreal blocks from his family. "I wish I wasn't known for hating Los Angeles, because I spend a good deal of time there," he says.

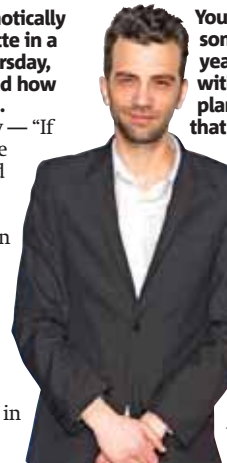
When you, your co-stars and a large model of the dragon



Jay Baruchel is the voice of the young Viking Hiccup in *How To Train Your Dragon 2*. CONTRIBUTED

from the film were chaotically mobbed on the Croisette in a promotional stunt Thursday, you probably wondered how this could be your life...

The entire time. Exactly — "If my friends could see me now" type of thing. And what my life was two days ago: I look like a dirt bag more often than not. I'm in my pyjama pants 12 hours a day. The biggest thing I had to do two days ago was clean the litter boxes. And here I am on the Croisette and there's people getting elbowed in the head.



You've now spent some seven years on *Dragon*, with a third film planned. What's that journey been like?

You can spend your entire career and never be part of something that's half as an important as *How to Train Your Dragon*. We all knew it

was a good movie, but I don't know if any of us expected it to be a global phenomenon.

The hockey comedy you co-wrote, *Goon*, has a deserved cult following.

In the States, it's a cult life. In Canada, it was a bona fide, massive hit. We were number 1 in Canada when we opened, and English-Canadian movies are never number 1 ... Our American distributors (Magnolia Pictures) dropped the ball a bit, unfortunately. Their model is all about VOD, which is fine, but the movie deserved a better life. But it's achieved one.

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Maps to the Stars wows crowds at Cannes

Wickedly funny.
David Cronenberg's latest film lampoons Hollywood's narcissism

Maps to the Stars is David Cronenberg's nightmarish, hyper-real tale on vanity, greed and family dysfunction in Hollywood. But it may hit a raw nerve for some in the movie industry.

With an all-star cast, including Julianne Moore, John Cusack and Robert Pattinson, the biting tragicomedy that premiered at Cannes on Monday has critics guessing if it could produce, at long last, the veteran Canadian director's first Palme d'Or.

It's the story of Benjie Weiss, a troubled child-star brat and recovering drug addict, played with scene-stealing cruelty by Evan Bird. He's a relatively unknown 13-year-old who does not look dissimilar to a young(er) Justin Bieber.

The film explores the theme of incest. Literally, in the strange relationship Benjie



From left, actor John Cusack, actress Julianne Moore and director David Cronenberg pose for photographers at the 67th Cannes international film festival in Cannes, southern France, Monday, May 19, 2014. ALASTAIR GRANT/THE ASSOCIATED PRESS

develops with his disfigured sister Agatha, played by Mia Wasikowska; but also metaphorically: in this suffocating Cronenbergian vision of Tinseltown, every star in the movie constellation is linked together, inbred, and not even the dark-

est secret can remain hidden for long.

Moore is brilliant as the hysterical Havana Segrand, a desperate 40-something actress who lives in the shadow of her forever-young Hollywood icon mother and sleeps with direc-

tors to stay in the game.

Carrie Fisher (daughter of icon Debbie Reynolds) plays herself in a cameo as Segrand's friend, while self-reflexive insider references to Scientology memberships boosting career fortune, Robert Downey Jr.'s

Quoted

"It was a very familiar ecosystem ... of fear and greed and desperation. And there are all sorts of people who function within that (in L.A.) — feed it, enable it, are predators there."

John Cusack, actor on the world portrayed in David Cronenberg's Maps to the Stars

drug-taking past, or actors manipulating their public image by going on Oprah crop up all over.

However, Moore dodged questions about this film mirroring nasty industry realities and wouldn't speak ill of Hollywood — despite her character's obvious message.

"I love the movie business. I'm not here to disparage it," she said.

Cronenberg added with a smirk: "There's nothing repulsive in the movie business. It's all fabulous."

Can it be that it's still ta-

boo to speak publicly about the movie industry's dark side?

Only John Cusack, who plays a deranged self-help TV guru father, hinted that this neurosis-ridden, dysfunctional image of movie-making was an accurate portrayal.

"It was a very familiar ecosystem ... of fear and greed and desperation. And there are all sorts of people who function within that (in L.A.) — feed it, enable it, are predators there," he said.

But above all, this picture, a laugh-out-loud orgy of narcissism, is Cronenberg's funniest to date.

Moore steals the film in a brilliantly macabre scene in which her character jumps up and down in happiness on news that a lead actress's son has died tragically in a swimming pool, opening up a vacancy for her to replace the distraught actress as the film's lead.

It had audiences laughing hysterically out of shock, and was the funniest, if darkest, seen in Cannes so far.

THE ASSOCIATED PRESS

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George Clooney directed, wrote, co-produced and starred in *The Monuments Men*. SONY PICTURES

MONUMENTAL INSPIRATION

A Hollywood film about a heroic art rescue mission during the Second World War has a Toronto link because the American conservator the movie is based on worked at the Royal Ontario Museum before leading his platoon on a secret operation overseas.

The movie, *The Monuments Men*, stars George Clooney, whose character is inspired by George Stout, one of the leading 20th-century figures in the field of conservation. The Harvard professor's influential restoration techniques were brought to the ROM in the summer of 1933 when he worked on an important Chinese mural that still hangs in



Lt. George Stout, U.S. First Army and U.S. Twelfth Army Group.

WALKER HANCOCK COLLECTION

THE EUROPEAN WAR THEATRE

Initially in the mission of the Monuments Men, George Stout was the only conservator and had to train the others — mainly art museum professionals — to properly document, pack, store and transport the recovered artworks in the European war theatre. In one instance, Stout had so few packing materials that he had to use Belgian lace to pad a valuable sculpture.

the museum today. Stout was later selected to assemble an expert team of conservators, curators and art historians that would risk their lives during the Second World War in an effort to save art and artifacts from Nazi hands.

The Monuments Men was released in theatres in February and is soon to be available in DVD/Blu-ray.

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— Lou Lumenick, NY POST

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GEORGE CLOONEY
Screenplay by
GEORGE CLOONEY & GRANT HESLOV

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The ROM's seven conservators are part of an exclusive profession with an estimated few hundred in existence across the country. They all watched the film with a unique and rarefied perspective, even cheering in one scene when Clooney dusts off a work of art.

"These are the types of things we get excited about," says Heidi Sobol, the ROM's senior conservator of paintings. "Our profession is rarely highlighted because there is so few of us proportionally in society. It's nice to see not only a movie about the types of things we do in our profession, but also referenced in such a monumental and noble pursuit. To have George Clooney play one of our most notable conservators was quite exhilarating."

Clooney directed, wrote and co-produced the movie, which is based on Robert M. Edsel's book *The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History*.

Stout made his way to the ROM in the summer of 1933 after former ROM director Charles Trick Currelly asked him to work on *The Paradise of Maitreya*, a 13th-century wall painting that is still in the museum's Bishop White Gallery of Chinese Temple Art. The mural had arrived at the ROM from China in 1928 in pieces — 63 to be exact — thanks to monks who carved it out of China's Xinghua Si Temple wall in an attempt to protect it from invading armies in the village of Xiaoning in Shanxi province. The mural is about five metres by 11 metres and depicts the Buddha Maitreya giving a sermon in an imagined heaven.



SONY PICTURES

"He was very conscientious about restoring the mural in a way that would make it treatable again, which is one of basic tenets of conservation," Sobol says.

Known as a responsible conservator, Stout and his contemporaries advanced the field of conservation during the 1930s, '40s and '50s, helping build the profession's profile. Up until then the prevalence of scientific methodology in conservation had been limited and the profession was approached more as

a craft that you learned through an apprenticeship. But Stout approached conservation from a more scientific point of view, emphasizing the analysis of the artwork as well as its documentation.

"Our field of restoration and conservation really took off in the mid part of the century and a lot of that is owing to George Stout and all his colleagues at Harvard and the Fogg Museum. They put out some very important publications we still reference today."



Monuments Men George Stout, left, Walker Hancock, centre right, and Steven Kovalyak, right, during the excavation of Bernterode. The soldier standing between Stout and Hancock is Sgt. Travers. WALKER HANCOCK COLLECTION

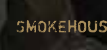
EDUCATIONAL PURPOSES

From the ROM correspondence archives, George Stout alludes to the issue of Prohibition in the U.S. In advance of his trip to the ROM, he was assembling materials and supplies, including the solvent ethyl alcohol. This solvent is also known as ethanol, which is used to make alcoholic beverages. "In spite of our national prohibition on spirits, we are able to buy it at wholesale price for scientific and educational purposes," Stout wrote.

"A FUN AND ADDICTIVE ADVENTURE. A COMPELLING UNTOLD STORY."

— Peter Travers, ROLLING STONE

a copy
of "The
Monuments
Men" on
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Emily Giffin's real thoughts on love

Interview. The best-selling author is known for telling a good love story, but how does she feel about that four-letter word when it's not on the page?

EMILY LAURENCE
Metro World News in New York City

Whether it's about falling for a best friend's fiancé in *Something Borrowed* or wondering "what if" about someone you let go in *Love The One You're With*, Emily Giffin has made a career of exploring the complications of love and lust. Out May 20, *The One & Only* is no exception. We get Giffin to spill details, plus what she really thinks about love.

The setting for *The One & Only* is completely different from your past books. How did you get into the sports culture of Texas?

I have been passionate about college athletics since I was

a little girl and there are few worlds more colourful than Texas football. I actually spent some time in Dallas and visited SMU's (Southern Methodist University's) spring training. I also had several coaches, including Hall-of-Famer Jim Boeheim, read early drafts to make sure that the character of Coach Clive Carr, and the story, particularly the NCAA-investigation subplot, felt authentic. That being said, the sports background is just the setting for the story, which, at its core, is centred on a young woman dealing with difficult, important life choices and the unresolved feelings that ultimately complicate them.

How did the idea for the book initially come to you?

All of my books generally begin with a core theme or idea. For *The One & Only*, I wanted to explore the idea of unconventional love. I think if we're honest, the way most of us think about romantic love is pretty narrowly defined, and there's a tendency for us to dismiss, or at least feel uncomfortable with, anything outside of those definitions.

With this story, I really wanted to portray a relationship that, while difficult for some to understand and accept initially, is beautiful and idyllic in its own right. I also wanted to consider the question of whether true love can really conquer all, especially in the face of judgment and scrutiny from those outside of it.

Without trying to give anything away, your books have a common theme of seemingly impossible love. Do you believe love conquers all in real life?

As I mentioned earlier, this is definitely the "big question" in the book and I'm really happy with the way *The One & Only* ended — it

felt right for the characters, and true to the story as a whole. But what happens in the book is just that: a conclusion to one fictional story and not necessarily a reflection of my personal beliefs. Honestly, I'm not really sure whether love can conquer all in real life. I like to believe it can!



Emily Giffin's book *The One & Only* comes out May 20. EMMANUELLE CHOUSSY



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True Love

JLo to write book about 'cathartic' 2012 world tour

Jennifer Lopez's latest project is a story of *True Love*. The entertainer has an agreement with Penguin Group (USA) for a book, her first, about her "cathartic" 2012 world tour. The publisher announced Monday that the book will be called *True Love*.

It will come out in English and Spanish and will be released through Penguin's Celebra imprint on Oct. 29.

According to Celebra, the book will be a "diary" in which Lopez confides her greatest fears and how she overcomes them.

THE ASSOCIATED PRESS



Singer, dancer, actress and now author Jennifer Lopez.
THE ASSOCIATED PRESS

The Bachelorette. Andi says there's more to dates than what's on TV

Andi Dorfman dropped out of the competition last season on *The Bachelor*, saying Juan Pablo Galavis seemed too self-centred and disrespectful, earning her support from viewers and ultimately the spot of the newest *Bachelorette*.

As her season on *The Bachelorette* was set to kick off Monday night (10:30 p.m. on City), Dorfman said she's "definitely glad" she's on the show, but adds the process is difficult and makes her understand what Galavis went through.

"I finally was able kind of to put myself in his shoes and

you know it's not as easy as it seems," she said in a recent interview. "It's not as glamorous as it comes off on TV, so I've definitely seen a different side to it and put myself in his shoes."

The 27-year-old says "it's tough to say 'no' to people. It's tough to feel responsible for 25 guys and know what they have done to get to where they are and put themselves on the line and be, you know, respectful of that and it's hard. It's very hard to hurt people, especially when they're great, genuine guys."

She says viewers who may be cynical should know there's more to the dates than what is aired.

"These dates that you might see last 10 minutes are sometimes actually lasting 10 hours, and there is a lot of time that you really, really get to know these people, and the guys this season were so open and honest and told me about their past and their fears and really got in depth and I think that allows for that love to happen. It's beyond what viewers see a lot of times."

Dorfman says this season

is dedicated to Eric Hill, who died shortly after he was sent home from the show. The Citrus Heights, Calif., native was paragliding in Utah when his parachute collapsed and he crashed into the side of a mountain.

"We want viewers to know Eric was an amazing guy who really lived life to the fullest," Dorfman says. "That's the message we really want to send to viewers. It's a sad thing, and we also want to honour him because he had an amazing life and that should be seen by America." THE ASSOCIATED PRESS



Andi Dorfman, left, and Eric Hill on the premiere episode of *The Bachelorette*. RICK ROWELL/ABC



Deryck Whibley ALL PHOTOS GETTY IMAGES

Sum 41's Deryck Whibley hospitalized for alcohol abuse

Sum 41 singer and Avril Lavigne's ex-husband Deryck Whibley has been in the hospital for the past month due to his alcohol consumption, he reveals on his own website.

"My liver and kidneys collapsed on me. Needless to say it scared me straight. I finally realized I can't drink anymore. If I have one drink, the (doctors) say I will die," Whibley writes alongside photos of

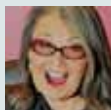
him in the hospital. "I was drinking hard every day. Until one night. I was sitting at home, poured myself another drink around midnight and was about to watch a movie when all of a sudden I didn't feel so good. I then collapsed to the ground unconscious. My fiancée got me rushed to the hospital where they put me into the intensive care unit."

Twitter



@jason_mrza

Similar I guess, to sending a postcard to one-self, I just pre-ordered my own album.



@therealroseanne

jennifer lopez is a bore. angelina jolie is too.



@Sethrogen

I know I can't RT a compliment, but can I favorite one? Can I quote one in a response? Subtweet?! What are the f---ing rules?!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Solange, Solange, will we ever know?



STARGAZING
Malene Arpe
scene@metronews.ca

Speculation has run rampant all week as to why Beyoncé's sister Solange would attack Jay Z in an elevator. These are the most likely theories: 1) Solange was standing up for her sister against Jay Z, who is a cheating cheater; 2) Solange was drunk and Jay Z was the nearest target; 3) Illuminati; 4) Masons; 5) Satan; 6) Fight club; 7) Molecules; 8) Milan Lucic told her to. Ozzy Osbourne has had his application to convert a barn in his Buckinghamshire home denied because the barn is full of bats.

"Bet you didn't imagine the revenge would come via good, old-fashioned bureaucracy," said a bunch of bats.

Rumour has it Selena Gomez, while shooting a commercial in New York, asked crew members named Justin to change their name for the day so as not to be reminded of her ex. Unfortunately for Selena, one of the grips agreed and opted to call himself Baggy pants von Torso-flasher III.

Kylie Jenner tattooed Lionel Richie's son and posed with a shirtless Jaden Smith. "You're my new favourite," said Kris Jenner. "For now. Don't get complacent."

Justin Timberlake says "when you look at me, you should understand that I am America." That explains why his hair was just burned in effigy and Britney Spears re-ignited the Cold War.



Mick Jagger

Mick Jagger is now a great-grandfather, but don't call him old

As improbable as it sounds, Rolling Stones frontman Mick Jagger is officially a great-grandfather, as his 21-year-old granddaughter, Assisi Jackson, gave birth to a girl earlier this month, according to Hello magazine.

"I imagine it's nice to be a great-granddad, although I'm not sure he likes the idea of getting old or being called one," Assisi previously told the magazine. "I call him Mick. I wouldn't start calling him Grandpa."

This also means that Jagger's daughter, Jade Jagger, is now a grandmother — despite the fact that she's expecting a baby herself next month. "The women in our family just tend to have children young; it runs in the genes," says Assisi, who was born when her mom was around the same age.

"I wouldn't have considered having a child if I was doing what my friends are doing at this stage. I don't drink, I don't smoke and I'm very settled."

Prince Bieber laps up attention from Paris

While partying away in Cannes, Justin Bieber has made an interesting new friend. Paris Hilton was spotted getting cozy with the shirtless pop star at Busta Rhymes' birthday party, hopping in his lap while he sat on a throne, according to E! News.

Bieber was also reportedly acting "wobbly" and tossing ice into the crowd at one point. The two notorious pop culture figures seemed plenty cosy before exiting the club together.



Paris Hilton



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Bittersweet truth about sugar

You thought chocolate was your friend: it's always there for you when things get rough. But it could actually be the enemy in disguise. From weight gain to diabetes, a diet high in processed sugars is going to make you fat, old and ill.

Anne Alexander, author of *The Sugar Smart Diet*, tells us why the sweetest things in life are making us sick.

ROMINA MCGUINNESS Metro World News in London



It'll turn you into a moody cow

Overconsumption of sugar causes mood swings. "Every time you eat a sugary meal, your brain releases a feel-good hormone known as serotonin. So for about half an hour you're on a high (you may have noticed that you have more of a sweet tooth when you're feeling low). But right after that sugar rush comes a crash — and you feel worse," says Alexander. Instead, she recommends doing something that'll make you feel better without taking you through this up/down cycle, such as yoga, a quick walk or meditative breathing.

It's being added to every thing

According to Alexander, Americans alone are eating an average of 130 pounds (59 kilograms) of sugar a year — that's 22 teaspoons a day. They're getting the bulk of it from processed foods, not naturally occurring sources, such as fruit or dairy.

"Most of the time sugar is the first, second or third added ingredient. It's hiding in your pasta sauce, your salad dressing — it's even in your 'skinny' soup," she tells Metro. Why? Companies use it in lieu of fat to make up for the lack of taste. Even so-called healthy foods are full of it: "Yogurt, for example, often contains the same amount of sugar as ice cream," she adds.



Beware the spare tire

"Sugar per se isn't going to make you gain weight; eating too much of it on a daily basis will. The new research coming out on pure fructose is troubling. It stimulates your appetite, and causes you to gain weight really quickly via a process known as lipogenesis. We're not talking about the fructose you get from eating fruit. Many manufacturers have figured out a way to make super-concentrated fructose, which promotes hunger and speeds up the body's ability to make fat," explains Alexander. And as fructose causes globules of fat to be stored in your abdominal organs, that's how you end up with a flabby belly.

It makes you look bad (and old)

A lifetime of sodas, cronuts and whatnot will accelerate age-related damage. "Sugar speeds up the breakdown of the protein fibres responsible for keeping the skin firm and elastic. Once these have been damaged, the skin takes on a more brittle, saggy appearance. This happens via a process known as 'glycation,' whereby sugar in your bloodstream attaches to proteins to form harmful new molecules called advanced glycation end products (AGEs). The more sugar you eat, the more AGEs are produced and as these build up, they damage the proteins nearby," Alexander tells us.



It's making you ill

"People worry about cavities and putting on weight — but at no point do they think about the effect their diet is having on their actual health," says Alexander. "A diet high in processed sugars has been linked to obesity, diabetes and heart disease. It can drive up your cholesterol (which leads to high blood pressure), and cause excess insulin in the bloodstream, which in turn takes its toll on your arteries. It can also increase your risk of getting diabetes: a recent study found that for every extra 150 calories from sugar available per person each day, diabetes prevalence rises by 1.1 per cent."

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Summer studies have pros and cons

Invest more time in a single subject

After this year's especially long and cold winter, spending more time in libraries and study halls is hardly top of mind for the average Canadian university or college student.

Yet, this spring, thousands of studious post-secondary scholars are hitting the books for summer classes.

While there are definite arguments in favour, summertime studies are not for everyone. Weighing the benefits — along with the detriments — can help make the choice a well-educated one for those on-the-fence fair-weather students.

Students opt for summer school for a host of motives — retaking a failed class, getting ahead in a degree program, completing a prerequisite, or simply lightening the course load for the regular school year.

Because summer courses tend to be smaller there are often fewer students, meaning more one-on-one attention from a teacher.

Though it depends on the school, summer courses are usually concentrated into several weeks of intensive instruction, which has its own pros and cons.

"It's like working a full-time job," says

Katherine Connolly, who worked for two years in the registrar's office at the University of King's College in Halifax, N.S. "You have to be able to focus and be disciplined."

The condensed format also mean deadlines — whether for assignments or drop dates — pass quickly.

"Two weeks in if you realize that you're not going to do well, and that maybe this course isn't for you, you're sort of stuck."

But the limited time frame also means students are free to invest more time and energy into a single subject without the distraction of other classes.

"I liked just doing the one condensed course because you're learning everything about that one specific topic rather than spreading out your attention over five different subjects" says Kira Beukeboom, a biology student at the University of Victoria currently completing a summer field study course in environmental restoration.

Beukeboom also says the learning environment as more laid back.

"(You're) not in the midst of a full-on semester. Even the teachers are more relaxed."

There is plenty to ponder when saying yay or nay to summer studies. Either way, it's worth doing some homework to make sure the decision is a well-educated one.

— Gordon Omand

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ed the Excel course I realized that I had found a career that was enjoyable and fulfilling."

Since Polski started at Excel, she has been impressed with the quality of education and the practical applications of what she has learned in the classroom and how it translates to the real world.

"I believe this program will increase my knowledge of how to aid people with dis-

abilities as I move forward in my career as a support worker," Polski says.

Polski is set to graduate at the end of this month and is looking forward to pursuing a career as a community support worker and giving back to the Excel community.

"I also would like to be an instructor in teaching other support workers the intricacies of being a person who assists the disabled instead of telling and doing it for them," says Polski.

For more, visit excelacademy.ca.

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being accepted. For more information about Digital School or to meet with an admissions adviser, visit digitalschool.ca.



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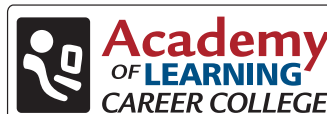


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Jamie McMillan NEWS CANADA

An exciting time for the skilled trades

Jamie McMillan is an ironworker who started her career on a whim. Now, however, she says her calling has proven to be far more rewarding than she could ever have anticipated.

She answers some of the most common questions, particularly how her skills have paid off:

Q What initially interested you in joining the trades?

A I've always enjoyed working with my hands and the accomplishment you feel from physical labour. I didn't know much about the trade when I first learned of the career opportunity, but I knew that I wanted to do something where I could do the heavy lifting and be involved in the actual foundation of a project.

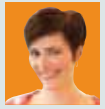
Q What are the opportunities for women in welding?

A It is an exciting time to be working in skilled trades. With the advances in technology, plus the accompanying mechanical advantages, we're working smarter, not harder and there is opportunity for women and men to specialize in areas that previously didn't exist. With a skills shortage in Canada and projects underway from coast to coast, welders are in high demand and are well compensated for their work. To match industry demand, CWB's (Canadian Welding Bureau) certification programs have expanded beyond the welding of steel to offer programs for aluminum welding, resistance welding, welding electrodes and welding inspectors, among others.

— News Canada

Health Solutions

Calamari gets a sizzling makeover



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Calamari is usually a deep-fried, restaurant appetizer but it is actually a quick cook, nourishing, low-fat protein.

Squid can be purchased in whole tubes, which are great for stuffing and baking. But make sure they are "cleaned," meaning the guts and inedible tooth are removed. This is one smelly, disgusting job.

A much easier option is to purchase squid frozen and already cut into rings.

A quick sauté in a hot pan or a fast grill is the best way to cook calamari. Flavouring comes later. Marinating only toughens the already rubbery texture, as does overcooking. Truly, you

don't want to cook these for more than two to four minutes over very high heat.

Squid is a decent source of the all-important omega-3 fatty acid, but it is a really great non-meat source of B12, critical for energy production and battling the impact of stress.

The bottom line is simple: don't wait for a deep fryer to enjoy this seafood. Do it at home and be happier, smarter and healthier.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER

AND FOUND DAILY AT MYFRIENDINFOOD.COM



Honey makes squid yummy

Red Rice Bowl with Buttered Calamari. The secret ingredient in this recipe is its dressing, which mixes sweet and savoury flavours

THERESA ALBERT

myfriendinfood.com

There is nothing simpler than a rice bowl topped with some crisp, green veggies and fish.

In fact, in much of the Asian world, this is a no-brainer staple and rice is kept in the rice cooker for just such a dish.

Even if you don't have the forethought to do the rice ahead, it only takes 30 minutes to cook this nourishing foundation.

This recipe uses red rice or brown basmati. Red rice is simply another variety of unhulled rice, but it does have the added benefit of cancer fighting phytochemical, anthocyanin.

1. Remove calamari rings from

freezer and allow to slightly thaw on counter.

2. Add cold water and brown rice to a pot and bring to a boil. Turn down and allow to simmer for 20 minutes while you prepare dressing and calamari.

3. Mix ingredients for dressing: oil, vinegar, lemon or sumac, 1 clove garlic, mustard, honey and red pepper flakes. Set aside 2 tsp to drizzle at the end.

4. Chop cucumber and cabbage and add to a large bowl. When rice is cooked, add to cabbage, cucumber and stir in all but 2 tsp of dressing. Add sunflower seeds. Set aside.

5. In a large skillet, melt butter, add garlic and quickly stir in calamari. Toss on high heat for 2-5 minutes until rings are cooked through but not tough.

6. Top rice with calamari and drizzle remaining dressing.

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This recipe serves four. THERESA ALBERT

Ingredients

- 500 g calamari (rings)
- 2 3/4 cups water
- 1 1/2 cups brown rice (red rice or brown basmati)
- 2 tbsp extra virgin olive oil
- 1/4 cup rice vinegar
- 1 tsp dried sumac or lemon peel
- 1 clove garlic, minced
- 2 tbsp grainy mustard
- 1 tsp honey
- pinch red pepper flakes
- 1 English cucumber
- 6 napa cabbage leaves
- 1 cup sunflower seeds, roasted
- 1 tbsp butter
- 1 clove garlic

Crab and shrimp play together nicely in dish

Ingredients

- 1/2 lb peeled and deveined cooked shrimp
- 1 large egg, plus 1 egg yolk
- 1 cup cooked English peas or thawed frozen peas
- 1/2 cup finely chopped scallions
- 1 2/3 cups panko bread crumbs, divided
- 1/4 cup light mayonnaise
- 1 to 2 tbsp chopped fresh tarragon, or to taste
- Kosher salt and ground black pepper
- 1/2 lb lump crabmeat, picked over for any shells
- 2 tbsp vegetable oil, divided
- 1/4 cup plus 2 tbsp light sour cream
- 1 cup coarsely shredded red radishes
- 1 tbsp bottled horseradish (do not drain)

1. Heat the oven to 300 F.

2. In food processor, pulse shrimp until finely chopped, but not reduced to paste.

3. Transfer chopped shrimp to bowl and add egg and egg yolk, peas, scallions, 2/3 cup of the panko, the mayonnaise, tarragon, 1/2 tsp of salt and 1/4 teaspoon of pepper. Stir well, then gently fold in the crabmeat.

4. Divide the mixture into 8 portions, shaping each into a

patty. Coat the patties with the remaining panko.

5. In nonstick skillet over medium-high, heat 1 tbsp of oil. Reduce heat to medium, then add 4 of patties and cook until golden, about 4 minutes per side. Transfer patties to rimmed baking sheet and place them in oven to keep warm. Repeat with the remaining patties, using the remaining 1 tablespoon of oil in the skillet.

6. In bowl whisk sour cream,



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

radishes and horseradish. Season with salt and pepper.

7. To serve, arrange 2 patties

per plate and top with the radish sauce. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS**

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Dustin Tokarski lets in a first-period goal by Rangers forward Rick Nash on Monday night at the Bell Centre in Montreal. RYAN REMIOWZ/THE CANADIAN PRESS

Habs look lost with Price on the shelf

Rangers lead series 2-0. Habs' star goalie benched with injury

Martin St. Louis scored in the second period and Henrik Lundqvist made 40 saves as the New York Rangers made it two-in-a-row at the Bell Centre with a 3-1 victory over the Carey Price-less Montreal Canadiens on Monday night.

The Rangers lead the best-of-seven Eastern Conference final 2-0 heading back to New York for Game 3 on Thursday and Game 4 on Sunday.

Max Pacioretty scored for Montreal, which outshot New York 41-30.

The Canadiens had a shaky Dustin Tokarski play-

Game 2

3

Rangers

1

Canadiens

ing his first career NHL play-off game in goal in place of Price, the Olympic gold medalist who hurt his right knee in the series opener when Chris Kreider crashed into him.

The Canadiens rebounded from a listless 7-2 thumping in the opener with one of their better games of the play-offs, but some bounces went New York's way and Lundqvist proved he has exorcised

his Bell Centre demons with a nearly flawless game.

The high-paced action from the start between two of the league's best skating teams had the 21,273 in the seats roaring for most of the game.

Montreal's worst fears were realized in the first period, which they dominated while still falling behind 2-1.

The crowd was booing Kreider when he sent a pass across to the right side and Nash's one-timer went in off the midsection of Tokarski, who was late getting across. It was the second in as many games and second of the play-offs for Nash.

The Rangers played a thorough defensive game in the third to prevent a comeback.

THE CANADIAN PRESS

NBA

League charges Sterling, sets up June 3 hearing

The NBA charged Donald Sterling on Monday with damaging the league and its teams with his racist comments, setting up a June 3 hearing after which owners could vote to terminate his ownership of the Los Angeles Clippers.

The league also said the banned owner has engaged in other conduct that has impaired its relationship with fans and merchandising partners.

Sterling was banned for life and fined \$2.5 million by commissioner Adam Silver after the release of a recording in which he made racist remarks. He has until May 27 to respond to the charge and the right to appear at the hearing and make a presentation.

THE ASSOCIATED PRESS

Memorial Cup

Ontario's champs clinch berth in title game

The Guelph Storm booked a ticket to the Memorial Cup final with a 6-3 win over the Val-d'Or Foreurs on Monday.

At 2-0, the Ontario Hockey League champions were assured a berth in Sunday's championship game. The Storm conclude the round-robin Wednesday against the winless London Knights.

The Foreurs and Western Hockey League's Edmonton Oil Kings were both 1-1 and meet Tuesday night.

Kerby Rychel, Zach Mitchell, Jason Dickinson, Robby Fabbri, Pius Suter and Tyler Bertuzzi all scored for the explosive Storm, who have 11 goals in two games in the tournament. THE CANADIAN PRESS



In Pontiac, a clunker rusts

The 80,000-seat Silverdome in Pontiac, Mich., hosted the Super Bowl, the NBA Finals, the World Cup, Wrestlemania, a papal visit and concerts by Elvis Presley, Led Zeppelin and the Rolling Stones. Nowadays, the venue is a shell of its former self with its roof in tatters and its innards dark and mould-covered. The current owner's determined to cash in, putting everything inside up for auction starting on Wednesday. CARLOS OSORIO/THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

Don't worry if you find it hard to put your feelings into words – your body language will tell partners and loved ones all they need to know.

Taurus

April 21 - May 21

Why are you so determined to take a negative view of everything that happens? The planets warn in no uncertain fashion that if you think bad thoughts then bad things are more likely to happen.

Gemini

May 22 - June 21

You may have to postpone something you were looking forward to today, but come the end of the week you will look back and be glad you were forced to change the timing.

Cancer

June 22 - July 23

You don't have to be number one all of the time, even though as a cardinal sign you are used to being a leader. If you want to get ahead this week you must compromise.

Leo

July 24 - Aug. 23

You don't have to commit yourself to something if it doesn't feel right. Others may try to make you feel guilty about leaving them in the lurch but it is your own needs that take precedence.

Virgo

Aug. 24 - Sept. 23

It may seem as if a dream is not going to come true but more likely the planets are making you wait a bit so that when the things you desire eventually come your way you will appreciate them more.

Libra

Sept. 24 - Oct. 23

You should know by now that change is the only constant in life and the really good news is that the changes coming your way over the next few days will delight you.

Scorpio

Oct. 24 - Nov. 22

You'll be a bit touchy as the new week begins, perhaps due to a vague fear that a work colleague is plotting against you. Most likely there is no truth in it at all.

Sagittarius

Nov. 23 - Dec. 21

It's good that you support some kind of cause but don't fall into the trap of believing that it's OK to use underhand methods to further your aims.

Capricorn

Dec. 22 - Jan. 20

There is no point arguing with people in positions of power, especially now that Mars, planet of ambition, is resuming its normal direction.

Aquarius

Jan. 21 - Feb. 19

It may seem as if your rivals are being favoured while you are being ignored but even if that is true why should it worry you? Since when have you been the sort who needs other people to help you?

Pisces

Feb. 20 - March 20

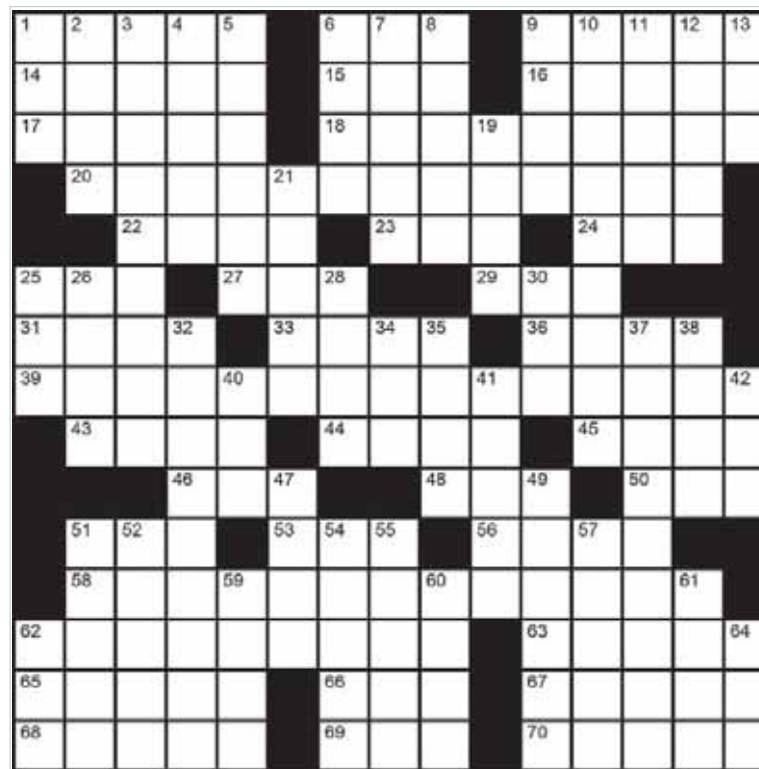
You may have every right to get angry with someone who has let you down but you will make a better impression if you forgive and forget and act as if nothing important has occurred. In the greater scheme of things, it's no big deal.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- The __ ("Cherish" '60s band, briefly)
- Sports: Patriots' gr.
- Actor Mr. Griffin
- Bing Crosby's "___-Loo-Ra-Loo-Ral"
- Philosopher, ___-tzu
- Hokey
- Heroism [var. sp.]
- Swiss ___
- Stevie Wonder hit that goes "Call up, ring once, hang up the phone...": 2 wds.
- Katy Perry hit
- Freelancer's encl.
- "Cold Mountain" (2003) role
- Hawaiian fish
- Fleur-de-quoi?
- QC city
- Tart
- Three-___ sloth
- Belonging to an '80s TV alien
- Servings from Mommy's kitchen: 3 wds.
- Letters beside GHJKL
- "Finding ___" (2003)
- 2010 Ringo Starr album: "___"
- Radio setting [abbr.]
- Gremlin
- Flames, on scoreboards
- Whale sort



- Muesli tidbit
- Carefree
- Thousands of American resistors of the Vietnam War settled in Nelson, BC in order to?: 3 wds.
- New York's famed

- artsy school
- High nest, vari- antly
- Play part, ___
- Mr. Chaney
- "I ___ break!"
- 2003 to 2004 sitcom, "Oliver ___"

- Singer Salonga
- Wooden
- Four-wheeler, e.g.
- Cleanser
- Glassy/sunny exten- sions
- Storm aka ___ Mun-

- roe, Halle Berry's role in "X-Men: Days of Future Past" (2014)
- Felix __, Canadian electronica producer
- Jai __
- Barn locales
- Cage the Elephant's

- "___ Little Closer"
- Designer, MCV __
- Toronto's DVP = ___ Parkway
- ___ fruit
- Prefix with 'red'
- Behold
- Space: Primordial matter
- "___ calm down." (Breeeathe)
- Strong wood
- Q. "Is '___' sound owls make?" A. "Indeed."
- Shortly
- Cap
- Canadian movie for Samuel L. Jackson, "The ___" (1998)
- Barely get by
- Ms. Moore
- Footloose's friend
- Plod wearily along
- Money exec
- Like some sports stadiums
- Pen
- CCR tune
- "The ___ Trap" (1998)
- Certain condiment
- Internet-sent invitation
- Beatles' "Any Time ___"
- Pang
- British singer Leo
- Nastase of tennis
- Dame Everage link
- Neap __
- Critical comment
- "Euclid" suffix

Friday's Crossword

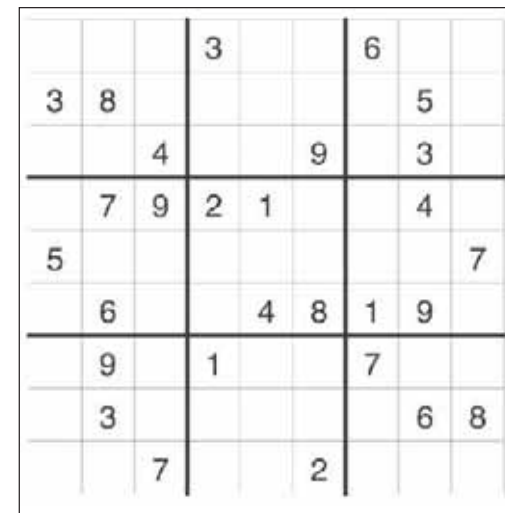


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 17°
MIN: 7°



MAX: 20°
MIN: 11°



MAX: 22°
MIN: 9°



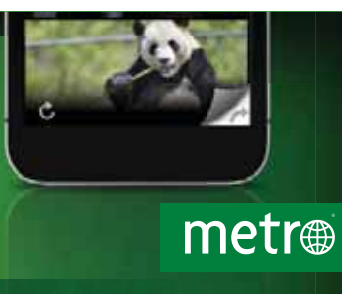
MICHELE MCDUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 5:30 AM



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